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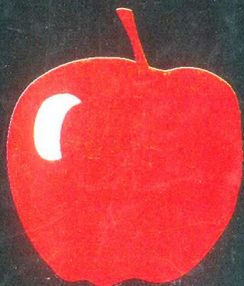
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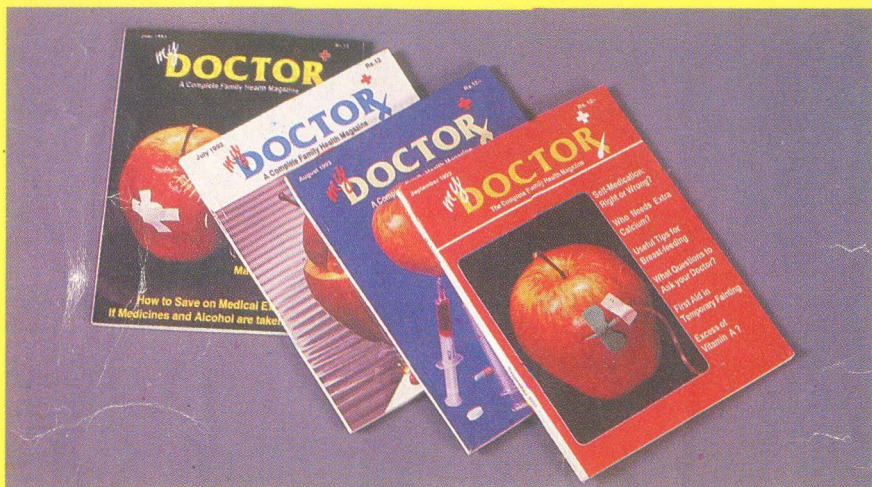
The Complete Family Health Magazine



July 1994



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# my DOCTOR<sup>+</sup>

The Complete Family Health Magazine

Volume 2 No. 2 July 1994

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☎ 631 6426

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## All India Distribution & Marketing:

Puja Magazine Distributors P. Ltd.,  
146, Empire Building, D.N. Road,  
Ground Floor, Bombay 400 001.  
☎ 204 6193 • 644 3210

Printed and Published by  
Mr. Vincent Godinho for and on behalf of  
**Medifast Publications**  
101, Lawrence Apartments II,  
Vidyanagari Marg, Kalina, Santa Cruz (E),  
Bombay - 400 098. India  
☎ 611 6170 • 613 0329

Printed at : **Impressions Dynamic**  
203, Mahavir Deep, 167, Vidyanagari Marg,  
Kalina, Santa Cruz (E), Bombay - 400 098.  
☎ 611 7747 • 613 2662

This magazine is not intended to make you a doctor. The information provided is meant to add to your general knowledge of medicines. This knowledge can be applied with the help of your family doctor.

Since a lay person is not aware of generic names of drugs, brand names of some popular drugs have been used in this publication. It is not our intention to promote any particular product or manufacturer. We do not claim responsibility for the efficacy of any of the products mentioned in this publication.

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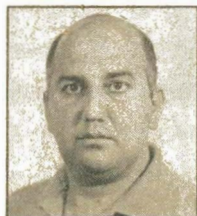
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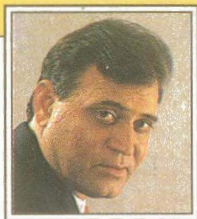
**Dr. Ali Irani, an eminent personality in the field of physiotherapy, is a consultant physio-therapist at Nanavati Hospital Bombay. He is also a Physiotherapist for our national cricket team.**

**He has done his Ph. D. in sports medicine and worked as a researcher at Bombay Hospital.**

**He has presented several papers on topics like frozen shoulder, backache, knee mobility and sports injuries at national and international conferences.**

**At present he is also training many athletes to improve their performance. We are honoured to have him on our panel of experts. He will answer our reader's queries on physiotherapy.**





## A Challenge

- Surveys have shown that only 5% of people who read health magazines, put what they read into practice.
- “My Doctor” has its own style of motivation. We are receiving scores of letters from our readers who have benefited by our health advice.
- Are you one of those who listen from one ear and let it go through the other or do you follow our messages to make your life worth living which is a challenge?
- Anything in this magazine which is applicable to you, must be read again and again so that it gets registered in your mind properly.
- In case of doubts or if you need more clarification, feel free to contact us.

A handwritten signature in blue ink, appearing to read 'Madan Kataria'.

Dr. Madan Kataria

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# Response

## Hair fall

All my family members are fond of your magazine. Could you write an article on hair fall in your forthcoming issues?

*A.K. Prahara, Orissa*

## Late Arrival

Your magazine is very popular in our dental college. Unfortunately it reaches us late in Patna due to which we are unable to participate in Health Quiz. Kindly sort this out.

*A.Agrawal, Patna*

**The last date for receiving entries for Health Kwiz is being extended to the 30th of the current month. We have instructed our distributor to speed up.**

**— Editor**

## Price Rise

I hope you will be covering all vitamins in this detailed manner each month. Also the price rise from Rs 15/ to Rs 20/ was a bit of a shock. It might well make "My Doctor" beyond the reach of the common man.

*Amit Loiwal, Baroda*

**We will be doing this shortly. As regards price rise, you will ap-**

**preciate we are doing our best to give you information in all fields of health and medicine. This requires a lot of expenditure. You may rest assured of our qualitative information always.**

## Kwiz

Earlier the names of all readers who sent all-correct answers to the 'Health Kwiz' were published in the subsequent issue. Has the practice been abandoned?

*R.N. Bhat, Udupi*

**For lack of space, we are unable to publish all the names of winners.**

**— Editor**

## Goiter

"My Doctor" is full of medical information. Readers would very much appreciate if you publish an article on goiter and other thyroid disorders. Please advise about medical and surgical management.

*Rajkumar Sharma,  
Bombay*

## Kudos

I felicitate you for publishing such a highly informative, incisive and exhilarating health magazine for the common man. I will be thankful if

you kindly arrange to publish articles on pleural effusion and peripheral neuritis.

*M. Dasgupta,  
West Bengal*

### **Fascinated**

I was fascinated by the style of "My Doctor". It holds great expectations for the future.

*Dr.S.A. Deshmukh, Pune.*

### **Finest**

I came across your magazine recently. I am convinced that it is one of the finest magazines published for the general public with regard to health information. Congratulations and keep up the good work.

*Dr. P. Raval, Mysore*

### **Hypnotherapy**

Your magazine is highly informative. Could you publish an article on hypnotherapy?

*N. Behere, Orissa*

### **Regular Dental Column**

Your magazines "My Doctor" is very informative and makes interesting reading. You are doing a great service by combating the myths and providing the facts about various health related problems.

A request from us is to start a regular dental health column in your magazine. There are no such magazines till date.

*Dr. Robin Sharma  
Guwahati.*

**We are starting a dental series in the near feature. Readers are welcome to contribute.**

### **Article on Premature ejaculation**

Many readers seek advice on premature ejaculation as is evident from a couple of past issues of "My Doctor". Why don't you write a detailed article on this subject which seems to be the commonest problem?

*Ashafuddin.*

### **Sports Medicine**

Sports medicine is the in thing now. It would be nice if you could enlighten us with a few articles on this subject.

*E. J. Mitra,  
Hyderabad.*

### **Must for every household**

I came across your health magazine in Feb '94. I think there was a need for such a magazine. Very simple language, easy to understand, plenty of ex-

amples, it is a must for every household.

*S. K. Datta, W. Bengal.*

### **Ayurveda**

It is nice to read simple and informative articles on ayurveda. I would be very grateful if you could publish some more articles on ayurveda, because everyone just talks about our system of medicine. Very few have clear concepts of ayurveda, how it works and what the advantages are over other systems of medicine.

*M. D. Gandhi, Surat.*

### **Correction**

In our May '94 issue on Page 118, it is printed as to boil the water, cool and then filter. The correction is – filter the water first and then boil and fill the bottles after cooling. This is because water filters accumulate a lot of impurities over a period of time if not cleaned. If water is first boiled and filtered the filter may contaminate the water again. Therefore filter the water first before boiling.

**Thank you Mr. Anil Kaoshik from Goa, for your keen observation.**

# **Modern Treatment for Leucoderma (White Patches)**





---

Leucoderma has been one of the most disturbing skin conditions affecting man. Due to the social stigma associated with the disease, people have lost jobs, young girls have remained unmarried, children have been forced to remain indoors and all of them have lost their peace of mind. Leucoderma is not as dreadful as it seems, writes **Dr Rajan T.D.**

---

- Whenever you see a young man or woman walking down the street with a patch of white skin on the face or hands, it evokes sympathy. One wonders what one would do oneself if one were to suffer from this disease. Many people seem to think it is leprosy.

### **Leucoderma or Leprosy**

- Leprosy and leucoderma (or vitiligo, as most cases are termed) two are entirely different diseases. Leucoderma only affects melanocytes — the colour producing factory in the human body. These cells

get destroyed in some parts of the body resulting in lack of pigment in that area. The skin appears absolutely white with a pinkish tinge.

- Leprosy appears as a faint, light coloured patch and the skin never appears white. Moreover there is **loss of sensation** in the affected area and gradually fingers and toes become numb and weak.
- In other words, leprosy affects several systems of the body— skin, nerves, muscles, bones etc. whereas leucoderma affects only the colour-producing cells, melanocytes.
- The onset of leucoderma may

be at any age and can appear anywhere on the body. The common variety appears first



over the elbows, knees and bony prominences of the hands and feet. Areas which are prone to minor injuries are the areas where these patches appear easily. Scratching the skin may also damage the skin and produce a white line.

- Another (**Acro-mucosal**) variety of leucoderma affects the lips. It starts at one corner of the upper or lower lip and spreads to cover the entire lip. Gradually the fingertips and the skin around the nails and the pulp of the finger also appear white. **This variety is**

**much more difficult to treat than the other types.**

- A third (**zosteriform**) type of leucoderma affects one side of the trunk. There are patches of white and normal skin which do not cross the midline of the body. For example, it may extend from the left side of the umbilicus around the left flank to the back, stopping at the left margin of the spine.
- In some patients leucoderma may affect the entire body in a patchy distribution. In others it may affect the whole body.

## Causes

- The exact cause of this disease is not known. Researchers have suggested several theories for leucoderma. According to one theory a chemical is released at nerve endings within the skin which is toxic to the pigment producing cells.
- Others believe that antibodies destroy the pigment and the cells, producing a white patch.

- Several chemicals are also known to give rise to leucoderma. These range from the **adhesive in “bindis”** to the **plastic in footwear** and many more. However, these patients usually have leucoderma limited to the areas of contact with the material.

## White Hair

- Occasionally the hair in the affected area also becomes white. This is because of the destruction of the colour producing cells from the hair follicle. **Presence of white hair suggests that recovery will be slow or poor.**

## Slow recovery

- Any disorder of skin colour recovers very slowly. The period taken for the normal colour to return is counted in months and years with regular treatment. Nobody can bring back the original colour within days.

- These are resistant cases and

**Table 1**

### Recovery will be very slow

1.	When the disease is hereditary.
2.	When the disease lasts for several years.
3.	When treatment is irregular or started late.
4.	When the disease affects the lips and fingertips.
5.	When the hair in the affected area appears white.

one should not expect miracles.

## Myths

- There are several myths about white patches. The commonest one is about **drinking milk after consuming fish**. People feel that these two items react within the body causing leucoderma. There is no truth in such a belief and patients can enjoy these items without any guilt.

## Treatment

- As this is a difficult condition





**Dr. S. Naik**

**Psoralen tablets when taken orally enter all tissues of the body including the eye. When exposed to sunlight, there is a likelihood of damage to the eyes. To prevent such damage, the patient should wear dark protective glasses throughout the daylight period. Moreover the patient should inform the specialist if his occupation or other factor prevents him from wearing sunglasses.**

to treat, many methods of treatment have been tried. An **ayurvedic extract from the plant *Bavchi*** is one of the oldest recognized sources of a chemical which stimulates

colour production. These have been purified and obtained as Psoralen for local application.

- The agent is applied on the affected area and once it dries, the area is exposed to sunlight for a few minutes. Ultraviolet rays from sunlight activate the chemical which then stimulates pigment production.
- Psoralen preparations are also available as tablets. The tablets are to be taken at 8 a.m. and the affected area is exposed to sunlight two hours later.
- The exposure time depends on the type of the patient's skin and the response of the skin to sunlight. Thus, the duration of sun exposure should be decided only by a skin specialist.
- Sometimes tablets are given to the patient and sun exposure advised on alternate days. Even in such cases he should wear goggles everyday whether he takes the tablets or not.

## PUVA Chamber

- In some cases, exposure to the sun may not be possible if there is not much sunlight entering the house or if the leucoderma patch is on parts of the body which cannot be exposed. Such patients find it difficult to achieve good results by just taking pills.
- In order to solve this problem, many cities have **PUVA (Psoralen - Ultraviolet A)** chambers. These are small cubicles, like a tailor's trial room, fitted with ultraviolet lamps all around. The patient stands in the chamber and exposes the affected part after the lamps are switched on.

## Steroid Treatment

- Besides these methods involving ultraviolet radiation, steroid creams are available which promote colour production.
- In some cases steroid injections are given into the patch if the affected area is very

small. Other cases may require steroid tablets to be taken for several weeks.

- It is worth remembering that steroids are wonder drugs but they can bring on several side effects like high blood pressure, diabetes, weakening of bones, altering the electrolyte levels and producing weight gain. They also lower the body's capacity to fight infections and may increase the chances of tuberculosis. **Therefore, never take steroid preparations without the doctor's regular supervision.**

## Other chemicals

- Research has been in progress to obtain better agents to treat leucoderma. An extract from the **placenta** (the mass of blood vessels in the uterus to which the umbilical cord of the growing child in the womb is attached) was also used for local application and injection. This extract did not prove very effective.

Unlike the past, there are today several medicines to treat leucoderma. Some cases respond much better than others. The few cases which do not recover, can be treated by modern surgical methods with reasonable improvement in appearance.

- At the recently held international conference of dermatology in New Delhi, a new plant extract, **Khellin**, was reported to be a promising chemical. Only time will tell whether this agent is any better than existing agents.

### Return of colour

- Leucoderma recovery takes place in a very strange fashion. At first, small brown dots appear within the white patch. This colour arises from the melanocytes of the hair follicles. Gradually the brown spots increase in size. At the

same time, colour appears at the rim of the patch, making it look smaller.

- Over a few months, normal pigment appears in the entire affected area.
- The same process occurs in other patches on the body until full recovery occurs. Since this takes a long time, many patients lose heart and stop treatment. This is wrong as it further delays recovery.

### Absolutely latest

- In spite of proper treatment, some cases do not recover (see Table 1) completely and small white patches remain. This could be quite embarrassing if on the exposed parts of the body.
- There is new hope for all such patients. Several surgical techniques are being tried for the treatment of resistant cases. Most of them are modification of skin grafting methods earlier used by plastic surgeons.



**1. Punch Grafting:** A small bit of normal skin, 2-3 mm diameter, is removed from the inner arm or leg and inserted into gaps made in the leucoderma patch. This graft is allowed to heal and the normal colour spreads to the adjoining area, gradually filling the patch.

**2. Shave Grafting:** The leucoderma patch is scraped under local anaesthesia and allowed to bleed. Then a piece of normal skin is shaved off with a blade and inserted into the patch.

**3. Blister Grafting:** A vacuum cup is applied over normal skin of the back and the patient is told to remain in that position for an hour. The negative pressure produces a blister within the cup which can be snipped off and used as a graft.

**4. Therapeutic Tattooing:** When the patch of resistant

Parents are often anxious, if their children have leucoderma. Even a small patch on the lip was enough reason to halt marriage proposals for their daughter. Therapeutic tattooing has helped many young women overcome this problem.

leucoderma is very small, modern medicine has put into use the age-old tattooing technique. Ironoxide and other powders are available in various shades of brown, black, yellow, white etc. They are mixed with distilled water to match the patient's skin colour and applied as a paste.

- The needles within the tattooing instrument drive the colour into the skin as a result the colour is taken up by cells within the skin.
- If the colour is matched well with normal skin, then the

patch looks normal. Over the next week the overlying skin peels off and the patient looks normal.

- All these procedures are done under local anaesthesia and the patient can go home later. Therapeutic tattooing is a relatively easy procedure but the drawback is that the colour introduced into the skin gradually fades and the procedure may have to be repeated after a year.

## Grafting

- Grafting has been effective in many cases and is being increasingly performed by skin specialists in the major cities of India. This treatment has brought a ray of hope to a large number of patients with resistant leucoderma.
- However, there is one important thing worth remembering. These surgical methods are attempted only after all other medical therapies have failed.

They should not be used as first-line treatment.

- The earlier the treatment taken, the better is the recovery. Thus, at the first sign of a white patch, consult a specialist.



## Home remedy for constipation

Honey has a natural laxative property. Mix 1 teaspoon of honey, with 1 teaspoon of amla powder and take it everyday at bed time. It is a time-tested medicine for chronic constipation.

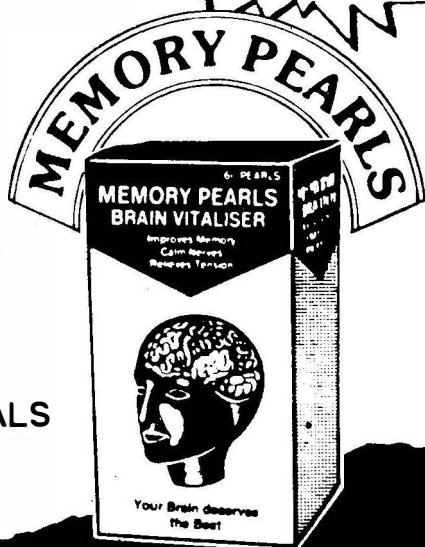
*Manju Agrawal.*

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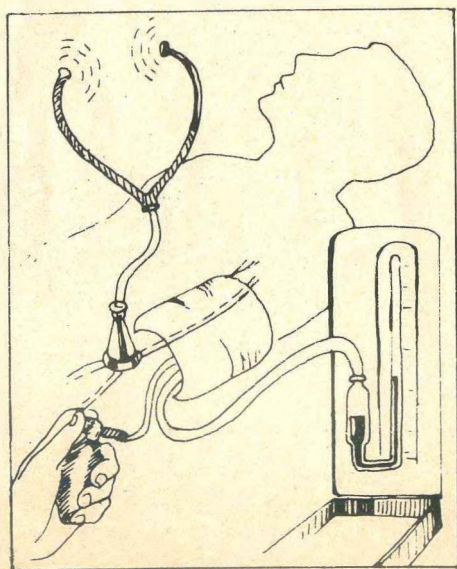


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# Low Blood Pressure

Dr. Madan Kataria





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It is very important to know what low blood pressure is. In general, there are many misconceptions and confusions regarding low pressure. Most of the time symptoms of low blood pressure are exaggerated both by patients and doctors.

---

- Though low blood-pressure can hardly be termed a disease, it is so called because many people with a low pressure regard themselves as being ill.
- Nothing could be further from the truth, yet nothing can persuade them that they are indeed fortunate to have low blood pressure. Studies reveal that people with low pressure live longer than those with high blood pressure.
- tolic (lower) pressure ranges between (60-90).
- This varies from person to person, age, sex and emotional status of a person. Any blood pressure reading of 100/60, 100/70, 120/70, 130/80, 140/80 and 140/90 can be taken as a normal reading. It has been observed that if the previous reading was 130/80 and now the patient records 120/70, it is taken as low pressure, which is wrong. The blood pressure is still within the normal range.

### Normal Range

- Very few people know that even normal blood pressure has got a range. Normal systolic pressure (upper) ranges between (100-140) and diastolic (lower) pressure ranges between (60-90).
- If the difference is more than 40mm only then is it significant low pressure. For example if the previous reading was 160/90 and now it is 110/70, this is a significant

low pressure. So it is the variation from the usual blood pressure which is more important. Everyone must know the blood pressure reading he always keeps during his regular visits to the doctors.

- Any blood pressure less than 90/60 which gives symptoms like darkness before the eyes, cold sweating, and dizziness is called low pressure or hypotension. Even 90/60 is normal for some individuals and is not a matter of concern if there are no symptoms.

### **Familial**

- There is no doubt that a low pressure does run in certain families: no matter what they eat, how they live or what age they have reached, the blood-pressure continues to be low.

### **Excessive Heat**

- After standing for a while, in a hot room, there may be a feeling of fainting and dizziness. For such cases, the head is promptly lowered or if the

patient sits down and puts the head on the knees, the attack may pass off, only to return when the same set of circumstances is repeated.

- In hot weather going out in the sun may cause a temporary fall in pressure. Standing in queues for a long time can cause the pressure to fall. Sitting or lying down for a few minutes is self curative.

### **Electronic Instruments**

- These days electronic blood pressure instruments are commonly used for self monitoring. It is very important to know that on many occasions you may get false low or high readings. It creates unnecessary tension on patient's mind. Always learn to take readings with mercury instrument if at all you need monitoring at home. Best is to go to your doctor.

### **Psychological Aspect**

- Today people have some problem or the other at home.

Often in order to hide their depressions, frustrations and anxiety, they like to be "labelled" as "low" B.P. patients. When they visit their family doctors they themselves claim to have "low B.P. even before the doctor says anything.

## Standing Pressure

- Blood pressure changes with the posture. The normal prac-



tice is to check pressure while the patient is lying down. The fact is that a normal person spends most of his time in upright position. Hence the



### Dr. Arun Patrath

Many people feel happy if they are told by the doctor that they are suffering from low blood pressure. All the weakness, giddiness, fatigue etc, become long standing. Every time the patient is upset he runs to a doctor to get the blood pressure checked and becomes more or less neurotic and starts taking different types of vitamins and tonics.

All they need is reassurance and explanation that low pressure is not harmful. If there is some psychological problem, the proper specialist should be consulted rather than fussing over blood pressure readings all the time.

## Serious Causes of low B.P

No doubt there are other causes too for a low blood-pressure. The pressure can, for instance, drop after a heart attack, after severe bleeding, or after an accident.

It may even be low due to disease of the valves of the heart or of the adrenal glands (which is known as Addison's disease). An exceedingly rapid heart rate failure may also cause a drop in the blood pressure.

standing pressure is the real pressure which should be taken into consideration.

- Those who are already taking treatment for high blood pressure should also get their standing pressure checked before making any adjust-

ment in the dose of antihypertensive medicines.

## Chronic Low Blood Pressure

- Sometimes in young women with no abnormal disease, blood pressure tends to be on the low side. Reading of 90/60 or less can give rise to weakness and unpleasant low feeling.
- But there is no treatment required for people who tend to keep low pressure. It is self curative, and the passage of time is the only remedy.
- Their system learns to adjust to that pressure. A drink of honey and lemon with little salt can be refreshing.
- Sometimes attacks of influenza (viral infections) may initiate low pressure. But it is temporary, and pressure comes back to normal in a few days.

## Fasting

- People who fast (religious or intentional dieting) may have



low pressure. If it is bothersome, discontinue the fast. Taking glucose and sweet drinks give immediate relief.

## Postural Change

- Once in a way even a normal person may get giddiness while getting up from a sitting position. The person feels giddy and gets darkness before his eyes. This is called postural hypotension.
- There is nothing to worry about in this type of postural fall in pressure. Regular walking exercises are advised and old people should get up slowly.

## Prolonged bed rest

- Prolonged bed rest due to any illness can cause a temporary drop in pressure for a few days. A good nourishing diet and mild walking exercise is the treatment.

## Medicines

- People who take tablets for high blood pressure, get a fall

**If an old person gets postural drop in pressure frequently, he may fall and have fractures. Careful monitoring is required when taking any high blood pressure tablets.**

in pressure with change of posture. This is a side effect of most anti-hypertensive tablets. If it happens quite often, one should consult the doctor for a re-adjustment of the medicine.

## Anaemia

- People suffering from anemia due to any cause are more prone to blood pressure fluctuations.

## Alcoholics

- Chronic heavy alcoholics may complain of transitory fall in pressure due to dilatation of blood vessel.

## Diabetes

- Advanced diabetes can cause similar problems. This is be-

cause diabetes affects the nerves supplying the blood vessels.

## Symptoms

- Fatigue, depression, sleeplessness, anxiety, weakness, headache, palpitation, darkness before the eyes, dizziness, paleness, cold hands and feet, sinking sensation in the chest and upper abdomen are symptoms of low blood pressure. The fact remains that all these symptoms are due to excessive mental tensions and stressful life.

## Treatment

- Best treatment for temporary and postural fall in pressure is to make the person lie down on the floor for a few minutes.
- Do not give anything to drink or eat for a few minutes. After one feels normal one can have water, milk, tea or coffee.

## Abdominal Belt

- If the low pressure seriously handicaps the patient, if he is

**When anybody gets a fall in pressure suddenly with profuse sweating and chest pain it may be a sign of a "heart attack". Consult the doctor immediately.**

afraid to go to a place in case he faints, he may try wearing a simple abdominal belt. The pressure on the abdomen helps avoid the giddiness.

- Elastic stockings have also been advocated, but are probably too hot for most tropical countries for daily use.
- If the person feels giddy while standing he must immediately sit down and lower his head. In a few moments all will be well again.
- Drugs may occasionally be required. But there is no need to take them permanently.





## If a Child Swallows a Coin

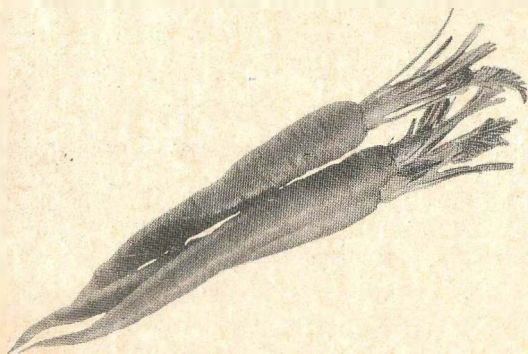


- Children have a habit of putting whatever they get in the mouth. Quite often **coins, beads, buttons, marbles, small stones** may accidentally be swallowed.
- If such a thing happens, there is no cause for concern as long as the object is round and has no sharp edges. Do not panic. The child must be given **cooked rice and bananas 3-4 times a day.**
- All stools passed by the child should be checked thoroughly for the foreign body. If the foreign body does not come out **within 48 hours**, take the child to a doctor for routine examination and X- rays, if necessary.



# Vital Facts About Vitamin A

**Binita Desai**





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Vitamin A is good for eyes, that is the only fact most of the people know. But there are many other important functions of this vitamin. For example it is essential for normal growth of all the cells of the body. It also helps keep skin healthy and protect the lining of mouth, nose, throat lungs and digestive tract from infection.

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- There are two kinds of vitamins, fat soluble vitamins and water soluble vitamins. Vitamin A is a fat soluble vitamin that is necessary to keep the several **epithelial tissues in the body intact**. It is necessary for **clear vision in dim light**. The daily requirement of an adult is approximately 750 mg of vitamin A which is derived either from vegetable or animal source.

### Carotene

- Vitamin A is not present as such in vegetable foods but these foods contain substances that are called carotenes which get converted into vitamin A in the body. The

word carotene has been derived from carrots from which it was isolated.

- It is important to know that vitamin A is easily absorbed whereas carotene is not absorbed completely and is less efficiently converted to vitamin A. Since most of the Indian diet is dependent on vegetable sources, it is necessary to consume more foodstuffs that contain carotene.
- Studies have shown that fat alone with consuming vegetables increases absorption of carotene by 20-50%. Hence, scientifically 'vaghhar' or 'seasoning' dals/curries with little oil or ghee is a healthy habit as it enhances ab-

**Practically, there are two tests to detect whether the food is a good source of vitamin A or not.**

**Firstly, all yellowish orange colour fruits and vegetables contain vitamin A. Cow's milk looks yellow compared to buffalo's milk because cow's milk shows greater vitamin A activity.**

**Secondly, the darker the colour, more is the vitamin in that portion. For example, the outer dark green leaves of cabbage are richer in carotene than the inner white leaves.**

sorption of fat soluble vitamins. Beta carotene provides its own form of protection against cancer.

## **Food Sources**

- Animal sources like **butter, ghee, whole milk, liver, egg yolk, curds and liver oils of fishes like cod and shark**

contain a good amount of vitamin A which is more easily absorbed than vegetable sources. Vegetables like **spinach, coriander leaves, carrots, drumstick leaves, mint and curry leaves and fruits like mango, papaya, pumpkin, tomatoes etc.** are good sources of vitamin A.

- Another popular food source is **cod liver oil**. Cod liver oil is available in the market is usually imported because this particular fish is not so common in the Arabian sea and Indian ocean.
- So the more potent alternative, used extensively in hospitals, is shark and fish liver oil which contains great amounts of vitamin A and D.

## **Stability**

- Vitamin A is more stable than carotene. Light, particularly UV rays, has a destructive influence on vitamin A. However, the ordinary cooking of

vegetables causes negligible losses of carotene.

- It is interesting to note that deep frying is better than the shallow frying. In shallow frying there is considerable loss of vitamin A, whereas in deep frying vegetables are cut and fried immediately in hot oil for a short time like when preparing potato chips and the loss is not so high. Since vitamin A is not water-soluble, cooking in water has no effect on this particular vitamin unlike vitamin B and C.

## Deficiency

- It has been found that the number of blind people in India runs to several hundred thousand and in the majority of these cases it is due to improper nutrition.
- If proper care is taken then blindness due to deficiency of vitamin A can be prevented especially in children.
- Mothers should be very observant and notice if the child finds some difficulty in seeing objects properly with the approach of sunset. In such a case immediate treatment should be given.
- Night blindness, if not treated, can lead to complete blindness. In India, vitamin A

**Cod-liver oil capsules are freely advertised and are available over-the-counter. Everyone knows that vitamin A is useful for the body but hardly anyone knows, what happens with excess of vitamin A. These capsules are thought to be general tonics. Thus, they are consumed by people for years together. This can lead to accumulation and toxicity of vitamin A. Therefore cod-liver oil capsules should not be consumed for more than 15 days to 1 month without medical advice.**

## **Chew carrots and not capsules**

**Vitamin A deficiency is quite common nowadays and as a solution to this problem, doctors prescribe vitamin A capsules, but there is a healthier alternative. Chew carrots. Carrot is a storehouse of provitamin A, namely Beta-carotene. Carotene is present in two forms in nature. Alpha-carotene and Beta -carotene. Beta carotenes are orange in colour, but of varying nutritional importance because of their varying ability to be converted into vitamin A. The carotenes account for much or all of the colour of some vegetables . If vitamins pills are taken the chances of getting excess dose are very high.**

deficiency is common in South India and Bengal.

- Another common ailment due to vitamin A deficiency is xerophthalmia. In this disorder the clear part of the eye (cornea) becomes dry and opaque leading to diminution of vision. This may also lead to blindness. In children, deficiency of vitamin A leads to spiny eruptions on elbows and knees
- Pregnant and nursing mothers should also consume sufficient vitamin A. As the infant in the initial 4-6 months is dependent on mother's milk, the lactating woman should be very conscious about vitamin A intake. After 6 months, mashed and pureed green vegetables should be included in the child's diet.
- As the child grows, regular intake of green leafy vegetables will help to build up a store of the vitamin in the body to compensate in the absence of its supply.

## Prevents Cancer

- It has also been suggested that diet rich in carotene protect the body against some forms of cancer. Apart from Beta-carotene, carrot is rich in fibre - the bulk needed for clear bowel movements. According to a study in Japan, people who ate green and yellow vegetables and fruits like carrots, tomatoes, leafy greens, fresh strawberries and sprouts, had a decreased risk of cancer.

## When supplements are helpful

- Most diets provide adequate amounts of vitamin A. However, diets exceptionally low in fat or protein can lead to deficiency.
- Supplements may be necessary in people with certain intestinal disorders, cystic fibrosis, obstruction of the bile ducts, diabetes mellitus overactivity of the thyroid gland and for people on long-term treatment with lipid-lowering drugs, since these

**Individuals who suffer from heart disease, and are overweight becomes extremely conscious about their oil intake. They cut down remarkably on their fat—intake and such a drastic cut-down in their fat consumption may promote vitamin A deficiency. This is because A is a fat-soluble vitamins**

reduce absorption of vitamin A from the intestine.

## Symptoms and risks of excessive intake

- Prolonged excessive intake in adults can cause **headache, nausea, diarrhoea, dry, itchy skin, hair loss and loss of appetite. Fatigue and irregular menstruation are also common. In extreme cases, bone pain and enlargement of the liver and spleen may occur.** High doses of beta-carotene may turn the skin orange, but are not dangerous. Excessive intake of vitamin A in pregnancy may lead to birth defects.



# Small Things ...

## Too much of Carrot Juice



- *Carrots are good for the eyes. This has been drilled into our minds right from childhood. Some people who wear glasses are over enthusiastic and consume carrot juice for days together. This leads to yellowish discolouration of the skin.*
- *At the same time if they were to eat carrots, the chances of developing excess beta carotene in the body is quite low. Hence it is better to eat the carrot than drink too much of its juice.*

## ... Big Difference

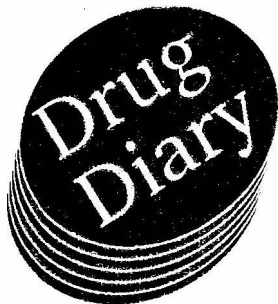
# Small Things ...

## About Multivitamin Pills



- *Popping a vitamin pill every day becomes a fashion. Doctors, too, prescribe vitamins during any major illness or to elderly people on a long term basis. Taking vitamins for years together is only beneficial if it is vitamin B and C which being water soluble are extracted in urine in excess.*
- *Taking nutrition pills, which also contain vitamins A&D, can lead to dangerous accumulation of these vitamins in the body and produce toxicity. Multivitamin pills should not be taken for over a month without medical advice.*

## ... Big Difference



## Chloroquine

Malaria has become a threat to mankind especially during monsoons. One variety of malaria (**Falciparum/cerebral**) can be life-threatening if not treated in time. Unfortunately cerebral malaria cases are on the rise causing several deaths which are often reported in newspapers.



Many medicines are available to treat malaria but chloroquine is one of the commonest among them. It is available under the following brand names: **Resochin, Lariago, Nivaquine, Quinross, Enquin and Melubrin.**

- Uses:**
- 1.** Chloroquine is used in all types of malaria, both as curative and preventive.
  - 2.** It is used for **rheumatoid arthritis** in combination with other drugs. It does not relieve pain but slows down the progress of the disease.
  - 3.** Several **skin disorders** respond well to chloroquine e.g. **reactions in leprosy.**

**4.** It is also effective in **systemic lupus erythematosus (SLE)**.

**5.** Chloroquine is also used in combination with other drugs in amoebiasis of liver and amoebic liver abscess.

**Dose:** Chloroquine is available as **tablets, syrups** and **injections**.

One tablet contains 250 mg of chloroquine phosphate.

In malaria the tablets are given in a **peculiar course of 12 tablets** unlike other medicines. The most common regimen is **4 tablets** given **at once** to start the course and **2 tablets after 6 hours** on the same day. Thereafter **1 tablet** is to be taken **twice daily for 3 days**. Incomplete course of treatment leads to relapse of malaria.

To prevent further attacks of malaria especially for people who travel to endemic areas of malaria, **a single dose of 2 tablets** is given **every week** for 4-6 weeks.

Chloroquine tablets are very bitter but nowadays **coated** tablets are available which are well tolerated by children and adults (brand name Lariago)

The dose of chloroquine in **rheumatoid arthritis** and **skin-related** disorders is **one tablet** twice a day for a few weeks depending on the improvement. The dose is gradually reduced according to the advice of the attending doctor. To children chloroquine is given according to the body weight. The attending doctor will decide the exact dose for the child depending on his age.

**Side Effects:** The most common side effect of chloroquine is nausea and **vomiting**. If one vomits within 5 minutes of taking the dose, wait for some time. Give the patient something

to eat and repeat the dose. If the patient continues to vomit, chloroquine **injections** are required. Other side effects are **headache, abdominal cramps, blurring of vision and skin rash**. Some patients may get **diarrhoea** also.

If the side effects are within tolerable limits you should not discontinue treatment. However if they are very severe, you can discontinue chloroquine and take other antimalarials as per the advice of your doctor.

## Special Precautions

The long term use of chloroquine can be hazardous to **the eyes** as it may damage the optic disc. People with impaired vision should avoid taking chloroquine.

Occasionally a skin disorder called **psoriasis may flare up** with the use of chloroquine.

Some people who have an **enzyme (G6PD) deficiency** should not take chloroquine as it can cause destruction of red blood cells. Fortunately, people with this deficiency are resistant to Malaria. However, these patients if they are taking chloroquine it is taken for some other disease.

**Pregnant women** should avoid this drug as it may harm the baby's vision.

**Injection chloroquine** should be avoided in **children** as it can precipitate low blood pressure.





- **“What about diet?”** Everyone asks this question after taking a prescription from the doctor. It is thus evident that most of us are aware of the role of diet in curing illnesses.
- **Wrong diet can make you sick and the right diet can hasten recovery. In Food Scan, we will enlighten you on how different food items can help you to maintain good health.**

# **Food Scan**

# Discover the Invisible Killers

Salt  
Sugar  
Fats



**Binita Desai**



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*Bhavna Meswani suffered from hypertension. The doctor advised her to go on a salt free diet and so she stopped taking table salt in her diet. She could not think of consuming such tasteless, bland food but yet for her health's sake she followed a strict dietary regimen. The medicines were also consumed timely. Yet there was no decrease in her high blood pressure levels. How could it happen? She worried and wondered.*

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Like Bhavna you too may wonder that inspite of eating saltless food and following regular medical treatment, why did she not improve?

- Well, just give it a thought. Bhavna was avoiding table salt but what about the salt that was present in a whole lot of canned food she was eating. Hence it is important to know that salt refers to 'sodium' in our diet i.e. besides table salt (sodium chloride), eating soda (sodabibcarb), I monosodium glutamate I (ajinomoto), sodium nitrate, sodium phosphate etc. should be avoided by those suffering from hypertension.

### What is salt?

- Salt is the name commonly used for sodium chloride, a compound which is found in sea and soil. It occurs naturally in our food.
- Salt is made up of 40% sodium and 60% chloride. It is

the sodium in salt which plays an important role in control-



ling the fluid balance in our bodies. Salt is also needed to ensure that our muscles and nerves work properly. It also helps us to maintain normal blood pressure.

- Studies have shown that excess salt can contribute towards high blood pressure. Having high blood pressure is one factor which increases the risk of developing coronary heart disease, stroke and kidney disease.

## Salt as a preservative

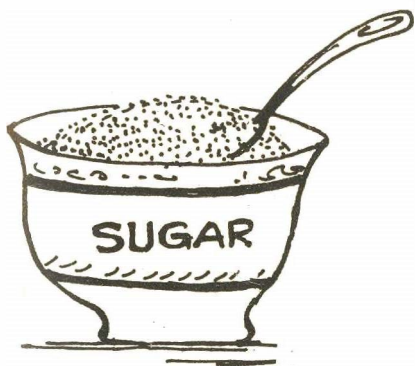
- Salt is an important ingredient in canned/tinned foods be-

cause of its preservative properties. Commercially, sodium compounds are also used as flavour enhancers and preservatives.

- If the quantity of sodium is not mentioned on the tin then see the order in which 'sodium' is mentioned i.e. the higher up the sodium in the list of ingredients, the greater the amount added.
- For example, if the list is: artificial flavourings, sugar and salt, then it means that compared to other ingredients, the amount of salt is less.
- But many a times, salt is mentioned in other forms i.e. soda-bi-carb, baking powder etc. So, it is best to read the list of ingredients twice before picking up the product.
- Bakery products like bread, biscuits, breakfast, cereals, tomato sauce, soya sauce, chilli sauce, tinned products like corn, baked beans etc. contain high levels of sodium.

## Sugar the "Sweet Killer"

- Like salt, sugar is another ingredient present in whole array of tinned products.
- Sugar, whether it is made from cane or beet contains 99.9% pure sucrose. Excess of sugar in the diet is associated with diabetes, dental caries,



coronary heart disease and obesity.

- When you pick a can of baked beans or a bottle of tomato ketchup you will notice that sugar too is added to these products liberally. Canned fruits like cherries, pineapple slices and juices contain al-

Many people are not aware that salt in the food refers to any sodium compound, be it baking powder or brine. Many housewives do not know that cooking soda is also a kind of salt. They often use it liberally in cooking.

most double the amount of natural sugar.

## Fats in other forms

- "Milk solids" or "Hydrogenated vegetable oils" too are listed on labels of processed foods. They both basically refer to the fat content. Hydrogenated vegetable oil in fact can raise the level of cholesterol in your body. People suffering from high cholesterol problem and weight watchers should never ignore this fact.
- Processed and tinned foods are preferred by people in urban areas mainly because it



**Y**ou should make a list of all the processed food you eat in a day. You will soon realise that the ratio of consuming processed foods versus fresh food is almost 2:1. You must check the list of ingredients whenever buying any packed products to keep a check on your sodium intake.

involve no cooking or just little cooking like boiling the noodles in two minutes and cooking soup in three minutes flat. But what you don't realise is that by eating these foods, you are consuming a lot of extra food items which are unnecessary.

- Surveys have shown that the most susceptible group to get attracted to ready-to-eat stuff is that of children. They get carried away by luscious ad-

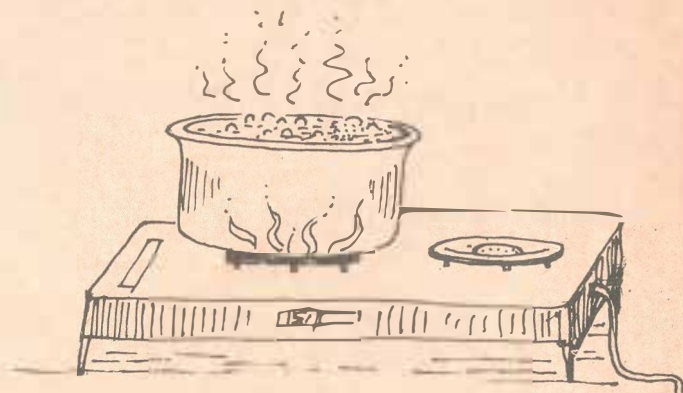
vertisements and start demanding.

- And very often mothers instead of explaining them the ill-effects of these foods, buy and cook for them the processed foods, as it saves a lot of time. As a result, kids form a habit. These are the unhealthy habits which can cause health problems in kids when they grow.
- Research has shown that when an adult has a blockage in an artery or suffers from problems of high cholesterol, the root cause is wrong eating habits developed in childhood. The damage can start much earlier, it is only precipitated in adulthood.
- We live in a world of pollution and processed foods. It's high time we change our eating habits to save ourselves and the younger generation. Be conscious of what you eat. Take it easy on the processed foods.



# Small Things ...

Use minimum quantity of water for cooking



- *The quantity of water used differs for various dishes. And even for the same dish, many housewives use different quantities of water.*
- *We must remember that any surplus water wastes fuel. Secondly, when you throw away the extra water, you also throw away the nutrients.*
- *So, always measure and use minimum water while cooking. Food tastes better this way too.*

## ... Big Difference

# Spirulina

# The Super Food

**Ahmed Ali Khan**

*Dept of Botany & Microbiology  
Faculty of Science,  
Kuwait University, Safat, Kuwait.*

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Proteins contribute one of the most essential ingredients of the human body. The growth of the body and repair mechanisms are taken care of by proteins. Proteins are obtained predominantly from non-vegetarian foods like fish, meat and eggs. People who do not eat non-vegetarian food get their share of proteins from milk, pulses and vegetables. The richest vegetable source of proteins is soyabean, which, unfortunately, is quite expensive and the taste is not preferred by most of the people. While so many cases of malnutrition are being recorded all around the globe, here comes the new hope of Spirulina.

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- Due to ever-increasing population, bad economics, droughts and mismanagement of natural resources, probably the most acute "disease" being faced by humanity today is **malnutrition**.
- Spirulina is a large group of lower photosynthetic plants called algae are gaining in prominence day by day as a means of fighting malnutrition and as a source of health foods.
- Spirulina is a rapidly growing algae (shiny plant matter living in water) which is 20 times richer than soyabean in its protein content. Spirulina may be the boon to the world's malnutrition problem.
- Spirulina provides an excellent, though slightly unconventional, food supplement. As a food source, the algae have distinct advantages over higher plants. For example:

### Rich source of Proteins

1. Their growth rates are much higher than those of higher plants.

2. They are exceptionally rich in protein and other nutrients.

3. By controlling growth conditions, it would be possible to further enrich the algae with desired nutrients.

### What is Spirulina?

- Of the algae, the genus gaining the most importance as a food supplement for humans is Spirulina. In 1993, Monaco hosted the first major world conference on Spirulina.
- Spirulina is a filamentous organism belonging to the group of blue-green algae known as cyanobacteria.
- Spirulina is very rich in proteins. About 65% of its body mass is proteins which contain the essential amino acids like **isoleucine, leucine, lysine, methionine, phenyl-**

**alanine, threonine, tryptophan and valin.**

- Spirulina farms can produce about 20 times more protein per unit area than soyabean.

### Easily digestible Proteins

- In addition, Spirulina lacks cellulose in its walls and this makes its protein easily digested and assimilated in the human body. Studies have shown that this protein is 85% to 95% digestible.
- In addition to proteins, Spirulina also contains high quantities of other nutrients like **vitamins and minerals.**
- In the field of human health, other than their role in fighting malnutrition, algae are also important as sources of medicinal drugs.
- Algae produce polysaccharides, carotenes and unsaturated fatty acids, in significant quantities. The im-



portance of these compounds in medicine is well known.

## Immunity Booster

- Spirulina contains polysaccharide compounds, one of the most important stimulants of the natural immune system in humans and as such, a valuable tool in medicine.

## Cancer Fighting Property

- The carotenes are a group of photosynthetic pigments. Of the carotenes, probably the most important is  $\beta$ -carotene.  $\beta$ -carotene could help **prevent cancers of the throat, stomach, colon and gastrointestinal tract**. Further, vertebrate metabolism converts  $\beta$ -carotene into vitamin A. Spirulina contains 15 times more  $\beta$ -carotene than carrots.

## Harmless Fats

- Fatty acids are a group of carboxylic acids with long hydrocarbon chains. These

fatty acids occur as the basic components of many important lipids, including the glycerids.

- Of the fatty acids, three unsaturated fatty acids - **linoleic acid, linolenic acid and arachidonic acid** - are essential for promotion of cholesterol normalization and cell growth in mammals.
- Spirulina produces in satisfactory quantities an essential unsaturated fatty acid called **gamma-linolenic acid**. It has been calculated that 10 g of Spirulina contains up to 225 mg of this fatty acid.
- The gamma-linolenic acid is also used by the human body for synthesizing eicosanoid hormones which perform vital biological activities, the regulation of blood pressure being one of these.

## Slows Ageing

- Some doctors believe that diet of Spirulina slows down ageing of cells. More recently,

it has been used to treat children suffering from the effects of radiation after the Chernobyl accident in 1986, because it promotes the evacuation of radio-nucleids from the human metabolism.

- In addition to proteins, carotenes, unsaturated fatty acids and polysaccharides, Spirulina also produces a group of lipids called sulfolipids. Experiments indicate that sulfolipids are remarkably active against the AIDS virus.
- In view of all its superlative nutritional and medicinal qualities, Spirulina has been dubbed the "super food".
- Many Western nations have started developing Spirulina farms. Prototype Spirulina production units have been installed in India, Senegal and Togo.
- The Mexican government has sponsored an aquaculture farm for Spirulina at a shallow lake near Mexico city. This

farm daily produces 4 tons of Spirulina.

- While the civilized world is only now coming to realise the importance of this little organism, Spirulina was part of the staple diet of Mexican Aztecs.
- It is, and has been for centuries, the principle source of protein for the Kanembou tribe near Lake Chad in Africa.



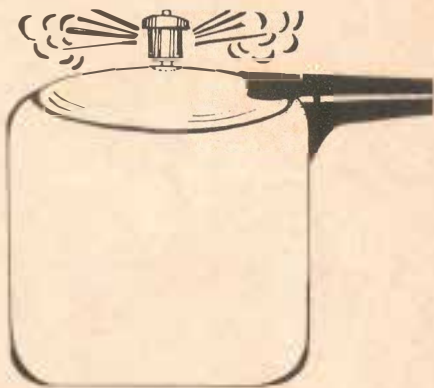
### **For dry cough and throat irritation**

***If you are troubled with persistent dry cough and throat irritation following an attack of flu or cold. Mix equal quantities of honey and ginger juice. Take one teaspoonful of this mixture 3-4 times in a day. It will work wonders.***

**Manju Agrawal, Kalyan**

## Small Things ...

### Dual use of Pressure Cooker



- *We all know that food gets cooked faster in the pressure cooker and because of steaming, nutrients are also well preserved. But many of us are not aware that the pressure cooker is an excellent food warmer.*
- *Many a time, each dish is heated individually on separate burners. By doing so, a lot of fuel is wasted and if food is heated over and over again, the precious nutrients are also destroyed.*
- *Instead use the different compartments of the pressure cooker and heat everything together. Just do not put on the pressure knob. By doing so, you can save time, fuel and nutrients.*

## ... Big Difference

# Diet Probe

## Use Coriander Leaves Liberally

- Coriander leaves - the ideal garnishing ingredient used since centuries to top the delicious 'gravies' and spicy dals are known to all. However delicious the food dish may be, it looks attractive only after sprinkling a few chopped coriander leaves. These tiny green leaves are full of almost all the nutrients.

- That means coriander leaves are low caloriéd, full of vitamin A, C and B complex. They are always used raw i.e. they are either sprinkled or used in chutneys. As a result both water soluble vitamins B and C are preserved. You should always eat foods garnished with coriander

leaves. Apart from dal and vegetable, coriander

100 gms of coriander contains:	
Protein	33 gm
Fat	0.6 gm
Carbohydrate	6.3 gm
Calcium	184 mg
Phosphorus	71 mg
Iron	18.5 mg
Carotene	6918 mg
Vitamin C	135 mg
B.Complex	0.2 mg
Calories	44

should be used in other dishes like raita or salad also.

- Coriander chutney is again a better alternative to pickles. Many of us

carry dry lunch of roti and vegetable to the office. Spoonful of chutney will not only add taste to ones dry lunch but also additional nutrients.

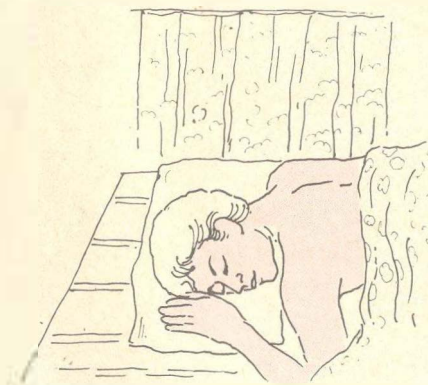
- Again coriander chutney can be prepared in advance in quantity and stored in the fridge. It can also substitute butter on toast as dry toast is not liked by many. The amount of coriander leaves we use is always

little so one might wonder as to how much nutrients quantitatively it can give. But what is important is to form a habit of eating correct foods and again if you consume coriander in different forms like chutneys etc. then the total amount will be surely sufficient.

**—Binita Desai**



## Alcohol and Sleep



- *Alcohol is used as a mind relaxant. It also helps you to fall asleep easily. Most people use a small quantity of alcohol as a nightcap. However, you should not forget that alcohol is a drug and the body develops tolerance to it. That means, to produce the same effect, the quantity will have to be increased. Thus, to sleep well greater quantities of alcohol are required by the body.*



- *The good effects of alcohol is obtained only when taken within limits. When the amount rises, side effects start appearing. Also, alcohol not only damages the liver, it harms all organs of the body.*
- *Studies have shown that alcohol does not help in sleep initially but gradually, the person wakes up in mid-sleep and remains awake throughout. At this stage, you will probably require more help to fall asleep, Thus a vicious circle is set up.*
- *Therefore, alcohol is a bed sedative and the pattern of sleep is not comfortable. It not only makes you an addict but also robs you of the pleasure of what is known as un-assisted sleep.*

## **Message**

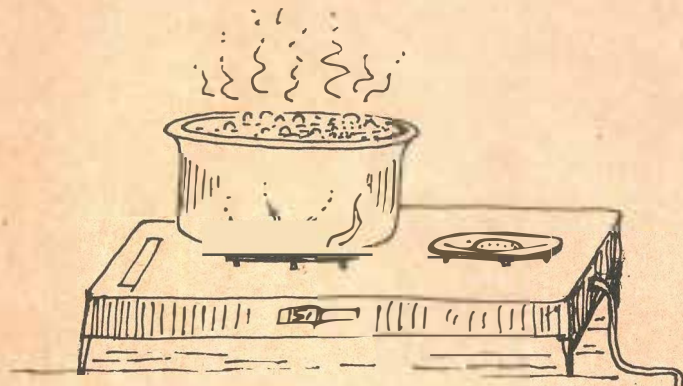
- *Whenever you find that you have to increase the quantity of alcohol to get the same amount of sleep, things are getting out of control. In such a situation you need to consult a doctor and enquire other methods of relaxation to improve your sleep.*

If you get a cut while shaving, or any other injury, put a few drops of hydrogen peroxide in water for a few seconds. Nascent oxygen will be released which kills tetanus and other germs. Also it helps to stop bleeding.

***Dr Pradeep Prahlad.***

# Small Things ...

## Cook with a lid on



- *It is a good practice to cover cooking vessels and pans with a lid, as it prevents heat loss. Secondly when food is covered and cooked, it gets cooked in its own juice and certain vitamin loss is also prevented e.g vitamin A gets destroyed on exposure to UV rays.*
- *So when you cook with the lid on , vitamin A is preserved*
- *The heat loss would increase two-and-a-half times if the wind is blowing through the kitchen. So, do not keep the fan on while cooking.*

## ... Big Difference

# Calorie Count

## Calories in desserts

- Custard (1Cup) = 190
- Fruit Salad (1 Cup)  
with Cream = 270
- Ice Cream (1 Cup) = 225
- Cake (1Piece) = 220

If you are calorie conscious you can't afford to have desserts every now then.

Desserts can immediately upset your calorie balance and dieting efforts if you take them frequently.

They should only be taken occasionally. Once in 15 days is alright.

Those who are underweight and thin with no diabetes, and heart problem can enjoy desserts to their hearts content. But remember too much of everything is bad.



# Guidelines for Authors

"MY DOCTOR" is a bridge between the medical profession and the common man. Doctors/authors from all systems of medicine are welcome to write articles on health awareness.

An article should not exceed 1000 words and should be written in simple language, understandable to a lay person, giving plenty of examples to make your point.

Short articles and tips will also be considered. A couple of graphics, illustrations or photographs will be welcome. A stamped, self-addressed envelope should be enclosed if the author expects the unpublished article to be returned.

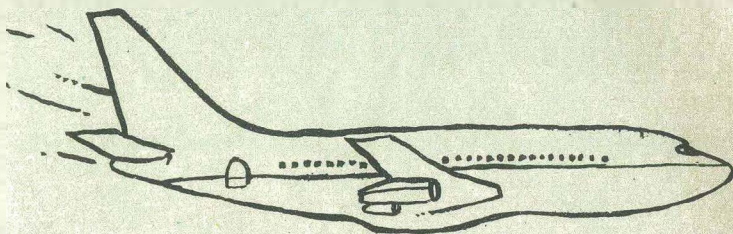
A passport-size B/W photograph of the author along with his/her qualifications must be enclosed.

*Mail your contributions to:*

The Editor  
"MY DOCTOR"  
Medifast Publications  
Lawrence Apartments-II,  
Vidyanagari Marg, Kalina, Santa Cruz (E),  
Bombay-400 098.

# Small Things ...

## Earpain during aircraft landing



- *One wonders why air hostesses serve toffee and chewing gum. It is not only a sweet welcome but there is some purpose behind it. While landing, due to the sudden change in atmospheric pressure, you may get earache.*
- *With chewing action the tube connecting the throat and ear (Eustachian tube) does not get blocked and thus prevents earache.*
- *In spite of that, still if you get pain, pinch your nose and try to force the air to blow through the ears. Don't blow too hard. With blowing action, you will hear a snap when air gets into middle ear cavity.*
- *Caution: Heart patients should avoid this procedure, because it might slow down the heart rate and may cause fall in blood pressure.*

## ... Big Difference



# Medical Virtues of Turmeric



Dr. H. K Bhakru



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Turmeric (haldi) is a versatile natural plant. It combines the properties of a flavouring spice, a brilliant yellow dye, a natural beauty-aid and an effective household remedy for several ailments like cough, cold, intestinal disorders, worms, measles, asthma skin disease, boils, sprains and bleeding.

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- Turmeric is a perennial plant, 60 to 90 cm. in height. It has a short stem and tufted leaves. The rhizomes are short and thick and they constitute the turmeric of commerce. It is largely consumed as a spice for daily use. In India, it is used in the same way as saffron.

- Botanically known as **Curcuma longa**, turmeric is a native of southern or south-eastern Asia. Turmeric has been mentioned in early Sanskrit writings.

- It has been used by the Ayurvedic and Unani practitioners in India from time immemorial. It was prescribed by them as a drug to strengthen the stomach and

promote its action and also as a tonic and a blood purifier.

### Food Value

- An analysis of turmeric shows that it consists of moisture 13.1%, protein 6.3%, fat 5.1%, minerals 3.5%, fibre 2.6% and carbohydrates 69.4%. Its mineral and vitamin contents are calcium 150 mg%, phosphorus 282 mg%, iron 14.8 mg%, carotene 30 mg%, thiamine 0.03 mg% and niacin 2.3 mg%. its calorific value is 349. Turmeric contains curcumin and an essential oil.
- Dry rhizomes yield 5.8% essential oil, while the fresh ones yield 0.24% oil, containing zingiberine. A ketone and

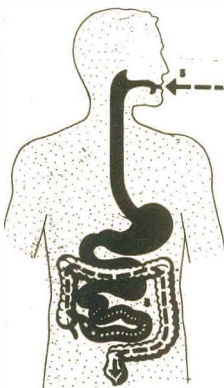
an alcohol is obtained on volatile distillation.

## Medicinal Virtues

- Turmeric has many medicinal virtues. The rhizome is a valuable household remedy. It is aromatic, stimulant and tonic. It is useful in relieving flatulence. It corrects the disordered processes of nutrition and restores the normal function of the system.

## Intestinal Disorders

- Turmeric is a very useful intestinal antiseptic. The rhizome, its juice of dry pow-



der, mixed in butter milk or plain water, is beneficial in in-

testinal problems, especially chronic diarrhoea.

- It also helps to prevent flatulence. The fresh juice from the plant has also been found beneficial in the treatment of vomiting of pregnancy and affections of the liver.

## Worms

- Turmeric is considered an effective remedy for expelling worms. About 20 drops of the juice of raw rhizomes, mixed with a pinch of salt, should be taken first thing in the morning daily in such cases.

## Anaemia

- Turmeric, as a rich source of iron, is valuable in anaemia. A teaspoon of the juice from raw turmeric, mixed with honey, should be taken everyday in the treatment of this condition.

## Measles

- Turmeric is beneficial in the treatment of measles. Raw roots of the plant should be

dried in the sun and ground to a fine powder.

- This powder, mixed with a few drops of honey and the juice of few bitter gourd leaves, should be given to the patient suffering from measles.

## Asthma

- Turmeric is an effective household remedy for bronchial asthma which is a chronic form of bronchitis. The patient should be given a teaspoon of turmeric powder with a glass of milk, two or three times daily. It acts best when taken on an empty stomach.

## Cold and Cough

- Turmeric, with its antiseptic properties, is effective remedy for chronic cough and throat irritations.
- Half a teaspoon of fresh turmeric powder, mixed in 30 ml of warm milk, is a useful prescription for treating these conditions. In case of a run-

ning cold, smoke from the burning turmeric should be in-



haled. It will increase the discharge from the nose and will bring quick relief.

- Turmeric powder in combination with caraway seeds or ajwain, is useful in colds for infants and children.
- A teaspoon of this powder and a quarter teaspoon of ajwain should be added to boiling water and the water should then be allowed to cool.
- About 30 ml of this decoction, sweetened with honey, should be given thrice a day in treating such conditions.

## External Skin Disorders

- The fresh juice from the rhizomes is believed to have antiparasitic properties in many skin affections. It is especially valuable in ringworm and scabies. In such cases, the juice should be externally applied to the affected parts. Simultaneously, this juice, mixed with honey, should be taken orally.
- This juice as well as a paste prepared from the rhizomes and a decoction made from the plant are also considered useful as a local application as well as internally in the treatment of leprosy and snake bites. A paste made from the powdered rhizomes along with caustic lime forms a soothing application for inflamed joints.

## Sprains

- Turmeric is very valuable in sprains and swellings resulting from sprains. A paste made

from rhizomes, mixed with lime and salt, should be applied to the sprained area.

## Boils

- An application of turmeric powder to boils will speed up the healing process. In case of fresh boils, a few roots of the plant should be roasted and ashes dissolved in a cup of water. The application of this solution will enable the boils to ripen and burst.

## Sore Eyes

- Turmeric powder is useful in soreness of eyes. About six grams of this powder should be boiled in about half a litre of water till about half the quantity of water is left.
- A few drops of this water should be put in the affected eyes three or four times a day. It is a common practice in India to use a piece of cloth soaked in turmeric solution for wiping away discharges of acute conjunctivitis and ophthalmia.

## Beauty-aid

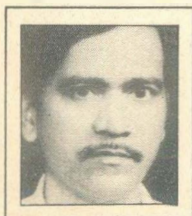
- A teaspoon of turmeric paste mixed with milk cream, sandalwood paste and bengal gram flour (besan) makes an excellent cosmetic. Applied once daily, it will keep the face fresh and soft.
- A pinch of turmeric powder mixed in the fresh leaf-juice of amaranth (chauli-ka-saag) serves as a valuable beauty-aid. Applied over the face, it bleaches the skin, prevents it from dryness and wrinkles, cures pimples and makes one look fresh.
- This juice, mixed with milk and lime juice, acts as an effective skin tonic to increase and retain its beauty. It should be delicately massaged over the face and neck for half an hour and washed with lukewarm water every night before going to bed.
- A pinch of turmeric powder, mixed in a teaspoon of coriander (dhania/kothmir)

juice is an effective remedy for pimples, blackheads and dry skin. The mixture should be applied to the face, after thoroughly washing it, every night before retiring.

## Uses

- Turmeric is an indispensable ingredient of the curry powder, which is a blend of many spices and common salt. It gives musky flavour and yellow colour to curries. Curry powder usually contains about 24% of this powder.
- Turmeric, both rhizomes and powder, is an auspicious article in all religious ceremonies in Hindu households. It is also an important dye in Southern Asia. Turmeric powder and water are used as cosmetics in India and elsewhere in South-Eastern Asia.
- It is also used as a colouring matter in pharmacy, confectionery and food in industries.

# Guidelines for Patients under Homoeopathic Treatment



**Dr. Chaturbhuja Nayak**



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It is the first and the foremost duty of every patient, irrespective of any therapy he undergoes, to take medicines, strictly as per the instructions given by the treating physician and follow such other ancillary measures as advised. In addition, patients under homoeopathic regimen, have to adhere to the guidelines for their benefit.

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### **How much (quantity) medicine**

- The physician determines the dose of the medicine with due consideration of various factors of the patient, including his/her age and extent/depth of the disease from which he suffers.
- Dose (quantity) of the medicine as advised by the physician, should therefore be sincerely taken.
- People think that homoeopathic medicines does not have side effects, therefore they can take them liberally. This is not true. Infact these medicines can aggravate symptoms if taken in excess.
- Many people possess an erroneous conception that the disease gets cured early by taking medicines in large doses. Rather, this may ensure adverse medicinal reactions in the body.

### **When to take medicines**

- Most of the homoeopathic medicines are taken on empty stomach, unless specifically mentioned otherwise.
- Empty stomach does not mean to eat something immediately after taking the medicines. A minimum gap of half to one hour should be left between the intake of medicine and meals. Otherwise, medicines

can also be taken 1-2 hours after taking breakfast or the principal meal. Mouth and tongue should be washed/cleaned thoroughly before taking medicines.

## Homoeopathic medicines and addictions

- Tobacco, alcohol and other intoxicants are deleterious for a healthy person as well as patients.



- It is wise to give up such habits/ addictions during any sort of treatment, whether homoeopathic, allopathic or ayurvedic.

- Since the homoeopathic medicines are employed in attenuated form and in minute doses, they act better in non-addicts.

## At what intervals medicines be taken

- In acute disease, medicines are usually taken at short intervals. Such diseases pursue a rapid progress and unless the medicines are repeated frequently, they cannot meet the pace of the disease and the desired result cannot be obtained.
- Chronic diseases, on the other hand, undergo a slow and prolonged course. The medicines, in such cases, are usually administered in single or infrequently repeated doses. Sufficient time is left to observe the effects of such doses.
- **Frequent repetition of medicines, although well selected, in chronic cases, will spoil the whole plan of treatment.** Such medicines may produce

additional symptoms in the patient, if repeated indiscriminately.

### How long to continue medicines

- The medicine indicated in the prescription is to be taken/continued strictly as advised by the physician.
- If desired and permanent result is not obtained the medicine is to be discontinued, contrary to the advice of the physician. Some patients do it as soon as they get some relief or due to indolence or from fear of having medicinal reactions in the body.
- Some patients, on the other hand, continue the medicines beyond the period advised by physicians, either with a motive not to spoil the medicines or with a false notion that prolonged use of the medicines would result in permanent recovery.

### Homoeopathic Treatment and Dietetics

- Diet of the patient is decided by the attending physician, with due consideration of the nature of the disease, desire/aversion of the patient and type of medicines administered, as well as other ancillary factors, to which the patient should strictly adhere to.
- Some physicians prohibit the use of **tea, coffee, raw onion, garlic, ginger, camphor, salty fish, dried fish** and many other items while taking homo-eopathic medicines.
- But such advice has practically become irrelevant now-a-days, in view of the adulteration of foods, drinks and vegetables (following application of fertilizers and pesticides, water, air or environmental pollution).
- **Camphor**, as believed to antidote most of the homoeopathic medicines may be left out.

- Foods, drinks which cause or aggravate the patient's ailments or nullify/obstruct the actions of the medicines, must be avoided.
- Such is an erroneous notion, because freshly prepared medicines in globules/sugar of milk are strong smelling due to the **rectified spirit** and the smell diminishes gradually, but the quality of the medicines, existing in dynamic form, remains unaltered.

## Do homoeopathic medicines expire

- There is **no fixed expiry dates of homoeopathic medicines**, contrary to their allopathic counterparts.
- Homoeopathic globules and tablets may be rejected **when their white colour changes**.
- The dilutions prepared through the clear transparent media (rectified spirit/distilled water) should not be taken if there is any change in colour or some deposits therein.
- Freshly prepared medicines in powder/globule form have strong smell which gradually diminishes with passage of time.
- But some patients attribute it to be diminution of their efficacy and do not like to continue those odourless medicines.
- Medicines should be kept in **dry, clean places**.
- More care is to be taken in **rainy seasons**, when the globules/sugar of milk may absorb moisture from the atmosphere and liquify.
- Medicines should not be stored **in too hot or too cold places or in refrigerators**.
- Strong smelling substances like perfumes should be kept away from the medicines. Being an antidote to many of the medicines, **camphor** should not be kept inside them.

## Where to store medicines

# Small Things ...

**Donot use anybody else's Medicines**



- *In allopathy the same painkiller (e.g. Brufen) can be used by a number of people for the same condition but this is not applicable in homoeopathy.*
- *In homoeopathy, a medicine is given to somebody based on the symptoms. If a remedy is given to someone for pain, this does not mean that another person who has got pain can take the same remedy as that person's symptoms may be different. Even in simple ailments like cough, cold and fever one should not use anybody else's. homoeopathic medicines. They may aggravate the symptoms instead of giving relief.*

## ... Big Difference

# AYURVEDA

## Ayurvedic Concepts of Immunity

**By Dr. Santosh Jalukar**  
(This feature is sponsored by  
Zandu Pharmaceutical Ltd.)

Dr Santosh Jalukar is an eminent Ayurvedic physician. He belongs to a family of ayurvedacharyas. In addition to his busy practice at Bombay, he has published several papers at international conferences. He will enlighten our readers on various aspects of ayurveda



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Ability to fight against the disease and also resistance to the disease can be termed as immunity. This ability is dependent on the balance or equilibrium of three *doshas* in the body. A strong physique does not necessarily mean that such a person has a good immunity. On the other hand weak looking physique may not be having weak immunity. Imbalance of the three *doshas* leads to disease, so treatment must correct such imbalance.

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### Types of Immunity

- Normally in the society we observe few things. A strong and healthy looking person may get affected very fast even with simple disease in spite of taking lot of care like in the epidemic of hepatitis or conjunctivitis, etc.
- Other people may, not look very healthy, may not take extra care about food intake and eat roadside *Bhel-puri* and *Pani-puri*, but still don't get any disease. What could be the reason for this? The reason is 'inborn immunity'. The second type is acquired immunity.
- Good inborn immunity is a very important factor to prevent many diseases. You may not require any active efforts to obtain such immunity. Whereas acquired immunity is associated with regular exer-

 <p>THE <b>ZANDU</b></p>	<p><b>SITOPALADI CHURNA</b> Stimulant, Expectorant and Mild Laxative. Useful in bronchitis, cough, chest infection and burning of hands and feet</p>
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# And now for the weather report.

Partly cloudy skies. Rise in humidity  
levels. Heavy rains or thunder-  
showers are likely to



occur within the next few days. Blocked/runny  
noses predicted due to change in weather.

Weather changes can upset your body's natural balance. If this  
leaves you with a bad cold, reach for ayurvedic Trishun.

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For change - of - weather colds.

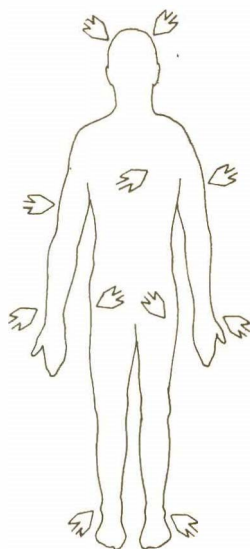


Read pack carefully for full instructions.

cise, good diet habits staying away from intoxicating drugs and you can protect yourself from disease.

## Principles of maintaining good health

- There are some principles described in Ayurveda for prevention of diseases. You should maintain regular and balanced food habits, balanced mental status and behaviour.
- You should not misuse any of the sense organs, should always speak the truth, always have courtesy and behave respectfully with elderly people.
- You will always be healthy if these principles are followed strictly. There is one more way which certainly will help to prevent you from diseases.



It is harmful to control the natural calls like flatulence, urine, motions, yawning, sneezing, appetite, thirst, vomiting, sleep, tears, cough, breathing and sexual instincts.

- There is a separate chapter to describe the diseases caused by suppressing these natural

THE  
**ZANDU**

**BHASKAR LAVAN CHURNA**  
Carminative.  
Indigestion, flatulence, nausea, loss of appetite  
and other bowel disorders.

calls. On the other hand, anger, jealousy and fear should be suppressed as it will help you in maintaining good health for a long time.

## Cleaning the system

- As we all know every machine or equipment needs timely cleaning. which is called servicing. Similarly the body also requires periodical cleaning from time to time. This concept is widely studied in the chapter named "Ritu-charya" in Ayurvedic texts. Before monsoon, if 'Basti' treatment is taken, there will be less chances of suffering from diseases during monsoon.
- It is observed that attacks of bronchial asthma are frequent and arthritis, cough and cold become worse during rains.
- For prevention of such ailments, it is always better to evacuate the bowel properly before monsoon.
- As soon as the October heat starts, you should undergo the 'Virechan' (purgation and 'Rakta-mokshan' (taking out blood either from blood vessels or by applying leeches).
- The season after winter and before summer, is the best to prevent yourself from diseases of *kapha-dosha* by the treat-



### ANAND BHAIRAV RASA

Anodyne, Diaphoretic.

Useful in chronic diarrhoea and debility of old age.

ment called *vaman* i.e. vomiting. Due to increase in industrialization and global communications, actual manpower is essential for twenty four hours at places like airports, telephone operation, factories where shift duties are implemented.

- Inadequate sleep at night and sleeping during day time is



one of the causes of illness.

- It is not possible to change this pattern radically. So, is there any thing by which we

can overcome the ill effects of inadequate sleep? The answer is, yes. After such heavy work load, massage the whole body with *til* (Sesame) oil before taking bath.


- This will help to rectify the ill effects. Moreover it is advisable to take enough sleep or rest before having a heavy meal. You should take small quantity of food, then sleep and after having a complete rest, take required quantity of food as usual. Sleeping after lunch is harmful for health. These are some principles by which you improve the immunity, meaning the ability to fight against diseases or prevention of illness.

## Inborn Immunity

- Constitution of the foetus is determined at the time of

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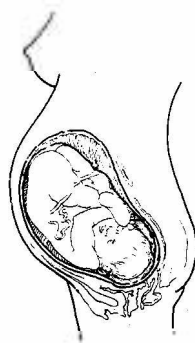


**ABHAYADI MODAK**  
Cathartic, Drastic Purgative.  
Useful in constipation and indigestion.

gamete formation. So it is normally understood that only inborn defect cannot be rectified after the gamete formation takes place. As per Ayurveda such inborn defects can be prevented if certain treatment is undertaken before the zygote formation.

- A scientific explanation can be given for this treatment but clinically proving it is almost impossible. If proper balancing of *Tridoshas* by *Panchakarma* therapy is done before actual conception, the male sperm and female ovum will remain healthy and will certainly lead to a healthy zygote. The chances of abnormal zygote formation will be reduced.
- This certainly reduces the health of sperm cells and obviously attributes to unhealthy zygote formation. Consump-

tion of alcohol, tobacco, drugs also contributes to formation



of unhealthy sperms or ova. Therefore, a child born due to such unhealthy male and female seed would certainly have lower immunity.

- There are some symptoms described in Ayurvedic classics which have very less inborn immunity. A person who is excessively obese or very thin or whose muscular, bony and haematological structure is abnormally weak, whose

<p>THE <b>ZANDU</b></p> 	<p><b>CHITRAKADI VATI</b> Stomachic, Antacid and Carminative. Useful in dyspepsia, tympanitis, colic and gas trouble.</p>
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physical strength is very weak, has extremely low immunity. Apparently a normal looking couple may give birth to such an abnormal child due to genetic abnormality.



- Due to the defect in sperm cell and ovum, certain diseases may be present since birth e.g. **Diabetes, Syphilis, Obesity, Asthma, Epilepsy, Mental retardation, sickle cell anaemia, Thalassemia, Haemophilia**, etc.
- Ayurveda is not only the science which deals with diseases and the treatment but it is the science of the life which believes in rebirth. Therefore, everyone should follow the instructions mentioned in this science to keep oneself as well as the next generation healthy.

## Who is a good Doctor?

A good Doctor is one who remembers the names of his patients and their past problems. He is familiar with medical records. He is courteous and provides a relaxed atmosphere, listens to his patients and gives a complete explanation of their illness and treatment.

THE  
**ZANDU**

**ABHRAK BHASMA**  
**(Sahashraputi)**  
Haematinic.  
Useful in phthisis, debility of old age and general weakness.



# Yoga Series

## Yastik Asana for Cervical Spondylosis

**D**inesh Kulkarni 40, had a stiff neck, and was in great agony. He said that his head felt as if it was carrying a load of 20 kilos. He was overweight and was wearing a medical collar to support his neck. He had a painful expression on his face; found it difficult to talk and sit on the floor.

- Doctors had advised him to go for an operation. But fearing damage to the nervous system and not having money for an operation he opted out of it.
- Except the operation Kulkarni was ready to do anything else to relieve himself from this terrible pain.

## What is cervical spondylosis?

- It is a degeneration disease of the neck portion of the spine. There is a reduction of space between the vertebrae which results in pressure on nerves arising from the spinal cord.
- This can lead to pain in the neck travelling down to the



arms, called 'root pain'. Spasm of neck muscles can lead to stiff neck.

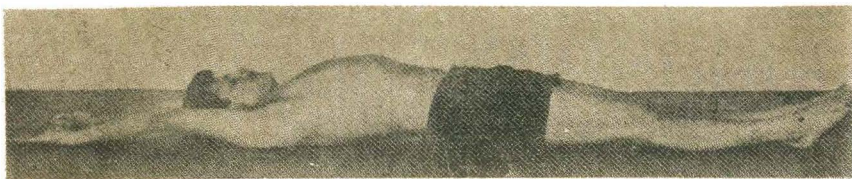
Neck movements become painful and you may get headache and giddiness as well.

## Causes

- There is a familial tendency in some people. Here, cervical spondylosis runs in the family. People who are constantly seated at a table to read, write or draw are at risk of developing this problem. The likelihood is greater if the height of the chair in proportion to the table, is incorrect.
- Prolonged driving also produces strain on the shoulder and neck muscles leading to spondylosis.
- The habit of using too many pillows while sleeping or studying in bed with awkward postures can lead to excessive strain on the neck.

## General Precautions

- For prevention of spondylosis, adjust the height of your working table and chair. Use a hard bed with a moderately soft mattress. Regular neck exercises along with Yashtikasana is extremely helpful.



## Yastikasana

- Lie straight on the back with arms stretched above the head. Inhale for 3 seconds and stretch the body fully while retaining the breath.
- The toes and fingers should point downwards and upwards respectively as if trying to reach something. Hold this position for 6 seconds.
- Release the stretch while breathing out in 3 seconds. Do not stretch the body for over 6 seconds.

## Benefits

- Any damage to the body due to bad posture is corrected by Yastikasa. It also helps to

tense the relaxed abdominal and pelvic muscles.

## Caution

- Patients with acute heart problems and those suffering from abnormal curvature of the spine (Kyphosis) should consult their doctor before performing this asana.



**A good plan today is better than a perfect plan tomorrow.**

# Backache Series

## Wearing Trousers during Backache



- Backache is quite common in men, though not as much as in women. There is one awkward situation which men face when they have severe backache, that is, **wearing trousers in standing position.**
- There is one way out of this. Gently lean against a wall or a cupboard to support your back while wearing trousers.
- It will reduce the strain and prevent aggravation of the back problem.
- They stand on one leg and try to push their other leg through the trouser. This causes severe backache



# Exercise & Fitness

## How Flexible are you?

**1.** Stand with legs together and try to clasp your hands



behind your back, with one hand over your shoulder. (Repeat on the other side).

**If you can do a full hand-clasp, score 2 points. Fingers touching: 1 point. Fingers cannot touch at all: 0 Points.**

**2.** Stand straight, with legs together and arms at your sides. Keeping your hips and shoulders to the front, tilt the

top part of your body over to one side as far as you can.



Then bend to the other side.

**If you can bend 45° from the upright, score 3 points. Less than 45°: 2 Points. Head tilt only: 1 point**

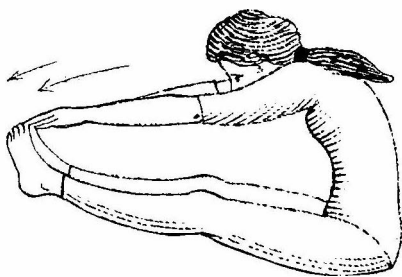
**3.** Lie on the floor on your back, arms outstretched at shoulder level, knees bent, shoulders flat on the floor. Drop both knees over to one side and then to the other.





If you can touch the floor with your knees and keep your shoulders flat, you score 3 points. If either shoulders or knees are 3 in (8 cm) from the floor: 2 points. More than 3 in (8 cm) from the floor: 1 point.

**4.** Sit on the floor with legs



straight out in front and bend

over to try to touch your toes (feet flexed up) with straight arms. Don't bend your knees!

If you can reach your ankles: 2 points. If you can only reach your calves: 0 points.

**5.** Lie on your back, with



knees bent up and feet flat on the floor and arms resting slightly away from your sides. Allow your knees to drop open, keeping the soles of your feet together and your spine in contact with the floor. This tests the flexibility of your hips without straining your back.

If your knees are near the floor, score 3 points. If they are half-way between the vertical position and the floor: 2 points. Less than half-way: 0 points.

### **Score:**

**11-14 points** You are very flexible. You have't allowed yourself to become stiff or inactive. You probably have an active life.

**7-10 points** You are quite active, keep up the good work. ↓

**3-6 points** You are not too bad, but you need to exercise before you stiffen up.

**0-2 points** Not so good. You must be very stiff. Ageing isn't the problem so much as inactivity. You need to start a gentle programme of flexibility exercises.

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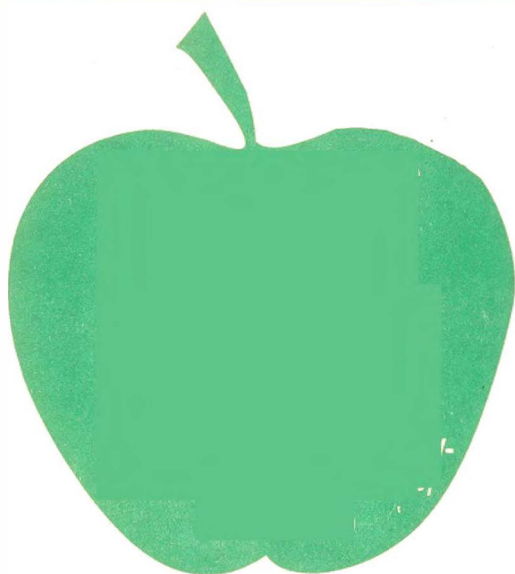
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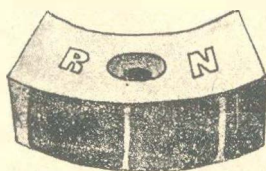
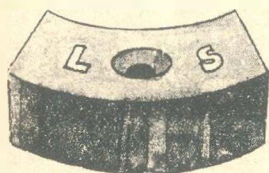
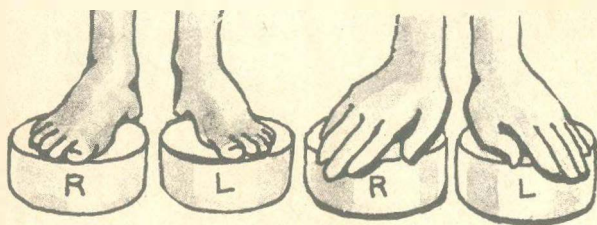
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# Magnetotherapy



Dr. Leo Rebello

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Magnetotherapy is the art of healing through magnets. The application of magnets relieves and cures many distressing diseases without medicine. Coupled with diet change, internal cleansing by means of fasting, hydrotherapy and yogic kriyas, magnetotherapy works wonders.

---

### Principle

- Magnetic treatment is based on following principles:

**1.** When magnets are applied to the body, magnetic emanations influence the haemoglobin and blood gets energized. It flows more easily, improving circulation, avoiding clotting and removing excess of calcium, cholesterol, etc.

**2.** Magnetic waves pass through the tissues and secondary currents are induced. These currents produce impacting heats, which reduce pains and swellings.

**3.** It works by reviving, reforming and promoting

growth of cells, rejuvenating tissues and increasing the number of sound blood corpuscles.

**4.** Functions of autonomic nerves are normalized and the internal organs controlled by them regain their proper function. Magnet- treatment is also beneficial for mental retardation and weak memory.

**5.** It helps to maintain internal environment of the body. One feels in full vigour and vitality after this treatment. Even a healthy man can take it as a preventive measure.

### Mode of Application

- Each magnet has two poles, North and South. North pole

retards the growth of germs and bacteria and helps to remove infection. It is applied on boils, eczema or other infection, etc. South pole gives heat, energy and strength and removes pains, stiffness and swellings.

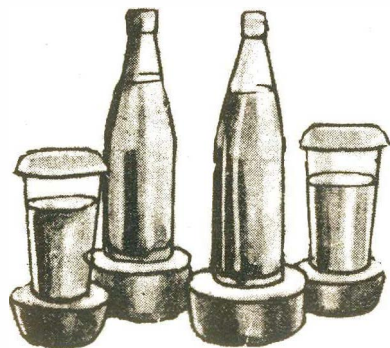
- Only one pole is applied at the diseased part or painful spot if the disease is localized in a small portion. If it extends to greater parts or whole body, both the poles are applied in the following manner:
- For the ailments of the upper half of the body, magnets are used under both the palms and for the ailments of the lower half of the body, magnets are kept under both the soles.
- If the magnets are to be used on right and left side, North pole is applied on right side and South pole on left side; if on upper and lower side, North pole on upper side and South pole on lower side; if on front and back side, North

pole on front side and South pole on back side.

- North pole is marked NR and South pole SL. The side marked NR and SL should remain in constant touch with the body for 10 to 12 minutes in one sitting. Generally, one sitting in the morning is enough but another sitting may be taken in the evening, if necessary.

### Magnetized Water

- Drinking water can be magnetized by the emanations of



magnets. Magnetized water is very useful for improving appetite and digestion and for bringing urine. It also helps to



wash out stones from kidneys. It can be prepared overnight. Keep two glass-tumblers or bottles, full of boiled and cooled water, on two strong magnets. After 12 to 18 hours, transfer the water of both the containers to a third vessel and mix it well. The mixed water is ready for use.

## Dosage

- The dose of magnetized water for adults is two ounces (50ml) at a time. Three such doses may be taken every day. A dose may be taken before breakfast and two doses after both the major meals.
- For children, the dosage may be reduced to one ounce and for small babies, two spoonfuls according to their ages. Magnetized water works as a medicine and should not be taken in excess quantities.

## Do's and Don'ts

**1.** Do not take cold eatables and drinks or bath for one

hour after application of strong magnets.

**2.** Do not apply strong magnets till two hours after full meals.

**3.** Do not apply strong magnets to sensitive parts like head and hear, nor to the abdomen and feet of a pregnant woman, it may induce abortion.

**4.** Do not clap strong flat magnets face to face. Keep cast-alloy magnets joined together with a 'keeper' when not in use.

## Special Advantages

- Magnetotherapy is easy, safe and simple, yet quick in some cases. There is no adverse effect, reaction or shock. It is economical as the same magnets can be used by hundreds of persons for various ailments for years together. If the magnets lose their power,

they can be recharged to  
regain fresh strength.

## **Magnetotherapy is Effective in the Following Diseases**

Arthritis	Asthma
Backaches	Bed-wetting
Boils	Bronchitis
Cancer	Rheumatism
Eczema	Flatulence
Headaches	Injuries
Sciatica	Sleeplessness
Sprains	Stiffness
Swellings	Toothache
Cervical Spondylosis	
Diseases of bowels	
Diseases of uterus.	
Menstrual Disorders	

# Analysing Medical Costs

## Ultrasonography

This is one of the modern investigations which enables the doctor to see the condition of internal organs. Being a useful investigation, it is done very often. It is comparatively much economical as compared to C.T. and M.R.I. Scan.

### Charges at public hospitals

**(Municipal/Government Hospital)      Rs 10-100/- (maximum)**

In Govt/Municipal hospitals even though these charges are fixed, if the patient cannot afford even these charges, they can be waived upto 100% by the social worker attached to hospital.

In Govt and municipal hospitals the films are not given along with the reports

**Charitable Hospitals      Rs 100-300/-**

These charges can also be subsidised by a social worker attached to the hospital. While approaching the social worker it would be advisable to carry your salary certificate.

**Nursing Homes/Private Hospitals      Rs 400-600/-**

**Charges for only Gynaecological studies of uterus and ovaries vary from      Rs 250-350/-**

Charges for portable Sonography

For every sick patients and those admitted in Intensive Care Units (ICU) portable sonography may be required.

**The average charge for portable Sonography varies from      Rs. 700-1200/.**

**Charges in smaller towns      Rs. 250-350.**

Charges are somewhat lower in smaller towns and they vary from hospital to hospital.

# Share the Secret

## Money wasted on X-rays

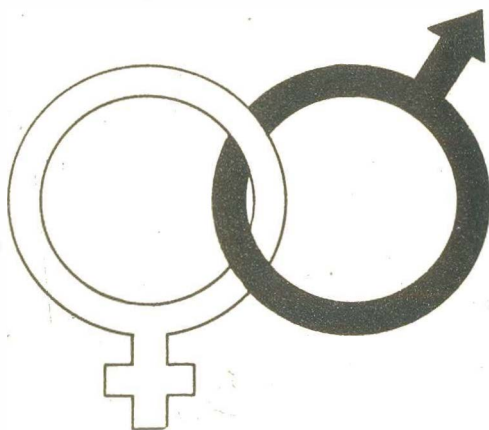
- X-rays are a useful tool in modern medicine. A number of X-rays are taken to arrive at a diagnosis.
- Mr Anoop Agarwal from Bhandup, Bombay has sent us his personal experience when he had pain in the right flank.
- He consulted a specialist and it was diagnosed as a renal colic. The pain was due to a stone in his left kidney which was travelling from the kidney to the urinary bladder.
- An X-ray taken showed a stone in the left kidney and a 'doubtful' shadow in the right kidney as well. To confirm the diagnosis he was advised to do IVP (Intravenous Pyelography).
- These are special X-rays taken after injecting a dye into the body. 8-10 X-rays are taken at some intervals and the entire cost comes to about Rs 900/-. Anoop took the X-rays to his doctor along with the report.
- To his surprise, the doctor told Anoop that the X-rays were not very clear because there were a lot of gas shadows. Presence of gas in the stomach and intestines prevents the kidney and stone shadows from being seen properly. As a result the IVP had to be repeated.
- This meant that Rs 900/- had been wasted and Anoop would have to spend that amount again.
- Very few people are aware that special precautions or "preparation" is necessary before X-rays are taken for seeing

the condition of the organs in the abdomen and the spine. Laxatives (Dulcolax, Cremaffin, Milk of Magnesia) and tablets to clear gas (Dimol) must be taken the previous night so that the organs are visible on the X-ray.

- Usually the radiologist instructs the patient about this preparation. The technician takes a trial picture in the morning to see the clarity of the abdomen. If the preparation is not proper, further X-rays are not taken. The patient is 'prepared' again and told to come the next day.
- To avoid unnecessary expenditure, the technician/radiologist must take this trial X-ray. You could remind him about this. However, even if all X-rays are taken and the result is not good, the fault lies with the radiologist. He should charge the patient only for the trial plate and not for the entire IVP.

# SEX & HEALTH

## Premature Ejaculation



*“There is no good health without good Sex” says Mr. R. K. Tandon, Managing Director of a publishing house at Bombay. A very few people can really enjoy a healthy sexual relationship. According to studies the main reasons for most of broken marriages are their sexual frustrations.*



---

It is surprising to know that almost 90% people have premature ejaculation in the beginning, still no body admits this fact. Later on with passage of time people who really try to understand this problem, can overcome it easily. It suggests a low threshold of the sensory perception in an individual. Some people feel highly tickled just by a slight touch anywhere on the body. Premature ejaculation suggests that the person is easily excitable. This threshold is further lowered under anxious circumstances.

---

- Premature ejaculation (coming too quickly) is an amazingly common sexual problem for men. Fortunately, though, it's also one of the easiest ones to fix.

### What does it really mean?

- Some authorities say a man is a premature ejaculator if he is unable to keep his penis inside his lover's vagina during intercourse for a minute or 1 1/2 minutes or 2 minutes (or whatever) before ejaculating. Or he has got it if he is unable

to last a certain number of strokes before ejaculating.

- Years ago, William Masters, M.D. and Virginia Johnson of the Masters and Johnson Institute in St. Louis, suggested that a man has premature ejaculation if he reaches orgasm before his partner more than half the time.
- Premature ejaculation really just means you can't last as long as you would like to; you don't have as much voluntary control over when you ejaculate as you wish you did.

**Fear of falling short of expectation is one of the most important factors in premature ejaculation. This expectation is built up by heaving unrealistic stories from friends, books and blue movies.**

- Ejaculatory control is a better way of talking and thinking about the problem rather than setting up some arbitrary cut off point that separates "normal" from "abnormal."
- In some individuals premature ejaculation can be so fast that sometimes they ejaculate even before penetration.

### **What causes it?**

- Still, many men and their partners view premature ejaculation as a problem. Most such men would really rather last longer than they do (and their lovers would likely agree). After all, who doesn't want to get more pleasure out of life?

### **Haste makes waste**

- The fundamental problem for men with premature ejaculation is that they have simply gotten into the habit of going directly from arousal to orgasm, without pausing to savor the sensations in between, explains Helen Singer Kaplan from New York Hospital - Cornell Medical Center. If sex were a ten-course meal, he goes straight for dessert, missing most of the feast in the process.
- Often this pattern gets started early, when he learns to masturbate in the bathroom in 30 seconds flat for fear of getting caught. Because he is frightened or feels guilty or ashamed, he rushes through the experience and never really becomes familiar with full-blown, extended, erotic feelings.
- Rapid ejaculation becomes a learned behavior, a habit,

which simply has to be unlearned.

- By contrast, a man who has learned to control his responses can linger over the feast of sex, enjoying the sensations of full-blown arousal without having to ejaculate before he (or she) is ready.

- He can dally at the plateau stage of sexual arousal until his lover is satisfied or he can push on through to orgasm and ejaculate. It is pretty much up to him.

## What does not cause premature ejaculation

- Rapid ejaculation has nothing to do with whether or not you are circumcised, either.
- Among a study group of 3312 men, Masters and Johnson reported, virtually all of them accepted as "biological fact" the notion that uncircumcised men are better able to control their ejaculations because the highly sensitive glans (head of

**The standards of sexual satisfaction laid out by blue movies and illicit literature is highly misleading and can cause and lead to inferiority complex.**

the penis) is swaddled in foreskin.

- But it is not true. When they tested the sensitivity of the glans in both circumcised and uncircumcised men, Masters and Johnson could find no significant difference. Besides, they point out, even if a man is uncircumcised, his foreskin will usually pull back and expose the glans to direct stimulation during intercourse.

## How to Control?

- "For most sexual problems, doctors don't start seeing good results until after three months to a year of therapy. But with a relatively uncomplicated problem like premature ejaculation, it takes

**Even while making love, sex is not the top priority for a woman. She is more satisfied by tender hugs, kisses and caresses. While men, by nature, are highly excitable creatures. Men can get an erection in a few seconds and they invariably desire to have penetration at the earliest.**

atleast months to get good results.

- Rapid ejaculation is not always a problem by the way. Some couples have simply learned to work around the man's hastiness. The woman may learn to reach orgasm a bit more quickly, to synchronize their love play. Or the man may become quite skillful at bringing her to orgasm without actually penetrating her, then go for it himself.

## **Stop/Start Technique**

- Stop/start technique involved stimulating the penis almost to

the point of ejaculation, then stopping; stimulating it again, then stopping; and repeating this until the man learned to control his ejaculations.

## **Squeeze Technique**

- Later, Masters and Johnson developed a variation called the squeeze technique. Instead of simply stopping, the area just below the head of the penis is squeezed just before the moment of ejaculation.
- Today, most therapists tend to favor the stop/start method because it is simpler and seems to work just as well.
- Whether you are learning the stop/start technique as a couple or alone, the first thing you need to do is relax.
- The underlying idea, after all, is to get comfortable with your sexual sensations and you can't do that if you are tense. That's why trying too hard not to come - such as forcing yourself to think about

car wrecks or biting your tongue - often backfires.

- Not only does that make you even tenser, it is also just a way of reducing your sexual awareness; what you are trying to do is expand your sexual awareness.

## Position

- Having sex with the man-on-top position leads to quick ejaculation due to close proximity of the organs. Therefore, to cure premature ejaculation, the sideways position is recommended.

## Learning Process

- During early days of marriage, almost everyone gets premature ejaculation. With the passage of time he learns to co-ordinate his orgasm. Gradually he gets desensitized and prolongs his sexual act.

## Divert Thoughts

- During sex, imagine that you have a complex problem to solve the next day. Keep im-

agining this for sometime to overcome premature ejaculation.

## No Touch

- One simple method of controlling premature ejaculation is by not allowing the penis to come in contact with any part of the female body. The man concentrates on stimulating the female breast, genitals, erotic areas like the ears, nape of the neck and the inner sides of the thighs.
- Many sex therapists recommend masturbation a few minutes before the sexual act. This prolongs ejaculation during sex, though it may not be practical.

Expert from "*The Practical Encyclopedia of Sex and health*"—364 pages premium quality book  
Published by *Rajeindra Publishing House, Bombay*. Price **Rs.579/-**



# SEX & AIDS

**Q.** I am 22 years old and my penis is just 1.25" long probably due to masturbation. Can you suggest some treatment to make it grow?

*S.P. Bombay*

**A.** As we have answered so often, the size of the penis has no relation with sexual performance. Outer 5 cms of vagina has sensory nerve ending. Deeper part does not have much sensation. So the size of organ has nothing to do with sexual pleasure. Do not feel guilty about it.

**Q.** My daughter is 17 years old and we are planning her marriage very soon. From health point of view what is the right age for marriage?

*Ms Desai*

**A.** Determining the best or right age for marriage is a difficult task because it is not physical or chronological age alone that makes a person ready for marriage. It is emotional maturity that contributes to being a good mate and is perhaps the most crucial sign of readi-

ness for marriage. Individuals vary in their levels of emotional maturity at a particular age, just as they do physically. For practical purposes the girl should not marry before 20 years. Ideal age is between 20 and 25 years.

**Q.** We are married for the last 14 years and we do not have an issue. The semen examination of my husband shows zero sperm count. The doctor has suggested artificial insemination. Kindly let me know about this procedure.

*Nirmala Pillai  
Trichur*

**A.** Artificial insemination is a method by which fertilization of the egg is done by putting the semen of the donor into the womb with the help of a cannula. This method is specially useful in the cases of zero sperm count. The success rate of pregnancy is quite good.

**Q.** I have a girl friend and we are planning marriage after two years as she has to complete her studies. We often have sexual relations but without penetration. I want to know



# COUNSELLING

**whether pregnancy can occur without intercourse?**

*Vijay Dixit, Kolhapur*

**A.** Yes, it is possible. It may not happen very frequently. Sperms are very actively mobile and they are present in the fluid that comes out even before orgasm. Without penetration they can enter the vagina canal if the semen is ejaculated near the opening of the vagina.

**Q.** I am 18 years old and I get discharge during my dreams atleast 2 to 3 times in week I am feeling weaker and it is affeting my studies . Kindly advise?

*S. Sharma Bombay.*

**A.** The discharge during sleep are called nocturnal emission or Wet dreams. The discharge occurs without manipulation of the penis. This happens when seminal vesicles (the place where the sperms are stored) becomes overloaded with sperms and fluids. It is natural, normal and uncontrollable response to the tension that has

been building up due to production of sperms by the testicles. Accumulated sperms needs to be released from time to time when the sexual outlet is not available the wet dreams can occur frequently there is nothing to worry about it. The only embarrassment is staining of your clothes or bed sheets. Many boys think it to be a disease and go to sex practitioners who advertise in papers. They unnecessarily frighten people and make money. All you need is reassurance.

**Q.** I get pain in the lower part of my abdomen during periods I am afraid to take medicines. Kindly advice?

*A. Vora, Gandhi Nagar.*

**A.** The lower part of the abdomen pains during menstruation because the uterus undergoes mild, colicky contractions to throw out the menstrual discharges. When this is excessive it is called dysmenorrhoea. The best thing for its cure is to overlook it and consider it a normal happening during the menses. If it is excessive, it may need pain-relieving drugs and anti-spasmodics.

# Water as Medicine

## Hot water versus cold water



- When little Mohan had a fall and injured his ankle, there was a major controversy in the house. His father suggested that hot water bag should be applied to relieve the pain. Mohan's grandmother was alarmed. "Nothing doing", she shouted, "Mohan, throw that hot water bag away. Go and apply ice."
- This is not an unusual scene. There is total confusion in every house when hot water or ice-pack should be applied. The rule of thumb is whenever there is a sprain, a lot of inflammation occurs into the area. Applying hot water will increase the swelling. In such an injury, cold water or ice packs should be applied to reduce the blood flow into the area and gradually this will reduce the swelling.
- Also, after any injection or vaccination, if a painful swelling appears, never apply hot water; instead apply ice.
- All sports injuries should be relieved by ice application and not by hot fomentation.

Severe throbbing headache can be relieved by ice cap as well as hot water bag because there is no active injury or inflammation.

- Similarly pain due to acute appendicitis in the right side of lower abdomen can be effectively controlled by ice application till surgery is planned.
- Aches and pains due to muscular spasm, arthritis or lum-

bar spondylitis (backache), acute spasmodic colicky intestinal pain, pain during periods, sudden earache and some chest pain can effectively be relieved with application of hot water bag or thermopads.



# Myth-Buster

## Vitamins and Energy



- Whenever a person experiences weakness due to any reason, the first thing they ask their doctor is to prescribe them a vitamin or tonic. There is a general impression among lay people, that vitamins provide energy. But the truth is, vitamins themselves do not give energy. The energy is derived from carbohydrates, fats or proteins
- However vitamins assist in energy producing process of metabolism. They only help to burn the food and produce energy.
- But the real fuel is your food. That means, if you don't eat food and only take vitamins, this is not going to help. Nutritious diet is a primary thing, then comes the role of vitamins and tonics.

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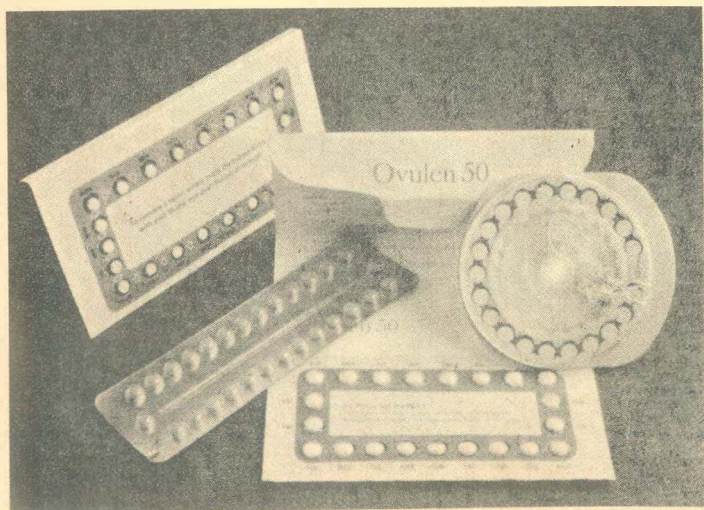
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# Birth Control Methods - III





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We have so far considered the oral contraceptive pills and the postcoital oral contraceptive pills in our series. The newer developments in the field of contraception like the male "pill", abortion pill, contraceptive implants and vaginal rings are discussed by **DR RAJAN T.D.** in this third instalment.

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- Ever since the development of contraceptive methods, people have preferred oral tablets over other methods. Naturally anyone would rather just pop a pill than get some instrument placed somewhere in her body.
- Before we go onto the conventional methods like Intrauterine Contraceptive Device (IUCD), Tubal Ligation, Vasectomy and others, let us see what are the latest developments in contraception.

### **The Male "Pill"**

- In a World Health Organisation study just concluded, 271 healthy fertile men were given a weekly injection of the male sex hormone testosterone. Two-thirds of the men quickly became infertile and in the study phase which followed there was just one pregnancy during a total of 1486 months analyzed. The hormone injections were the only contraceptive used and fertility returned to normal within three months of stopping the injections.

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**Infar (India) Ltd.**

- The jab technology may yet prove the basis for the long awaited male pill, but the route to male birth control with hormones seems by injection into a muscle - and not by tablet.
- The controversy over RU486 is an ethical one. However, the makers insist that RU486 (which opposes the hormonal activity necessary to maintain a pregnancy) is "an acceptable method for the termination of pregnancy and a safe alternative to surgical termination."

## **The Abortion Pill**

- Even more controversial is the abortion pill, known as RU486 or mifepristone. January reports in a medical journal indicated that RU486, which is already licensed in France for the early termination of pregnancies is likely to be approved in Britain this year.
- RU486 has already been evaluated in 13 British centres. Results showed that nearly 95% of the pregnant women given the drug aborted completely, with no need for later surgery.

## **Contraceptive Implants**

- The implant of hormone capsules just given clearance in the USA is called Norplant and trials throughout the world have been carried out since the mid-1970s.
- The capsule is inserted just beneath the skin of the inner arm, from where the birth control hormone is slowly released into the blood stream.
- The original implants contained six rods, which released hormones for up to five years.

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The latest versions contain two rods and last for about three years. Single pellet versions are now being developed.

- Opinion suggests that the most likely users are poorly educated women in developing countries and young teenagers at high risk of pregnancy.

## Vaginal rings

- Of the novel contraceptive methods vaginal rings are most likely to be available in the near future.
- Inserted in the vagina, the ring slowly releases the hormone over a three month period. However, as with ending a pack of contraceptive pills, removing the ring after three weeks will bring on a regular bleed as in normal menstruation.
- The advantage of the ring over the pill—although it works in the same way and uses the same hormones — is

that once in place the ring can be forgotten for three weeks and a continuous steady release of hormone means doses are less.

- However, the experts all seem agreed that even such ingenious inventions are unlikely to topple the contraceptive pill from its place as the developed world's preferred means of birth control.



The efficiency of a committee meeting is inversely proportional to the number of participants and the time spent on deliberations.

## Small Things ...

**Attention! Ladies with high blood pressure!**



- *Those women who have borderline high blood pressure or strong family history of high blood pressure should not use oral contraceptive pills. Estrogen, a hormone present in these pills has salt retention properties.*
- *It leads to increase in weight due to salt and fluid retention. This can raise blood pressure and lead to complications if these pills are taken for a long time.*

## ... Big Difference

# Small Things ...

## Burning Sensation after Sex

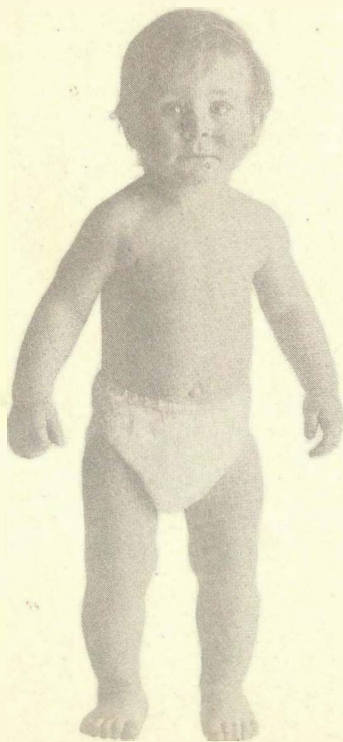


- *Many women experience a burning sensation after sex. This is very common during honeymoon days. This may be due to bacterial infection which enter the urinary bladder through the external urinary opening. This condition is known as cystitis. Here are some practical hints for couples who suffer from such a condition.*
- Do not penetrate until the vagina is wet properly.*
  - Urinate before and after sex.*
  - Drink plenty of water before sex so that you can urinate after sex. This will help in flushing away the bacteria.*
  - Wash the vagina area after sex with plain water. Don't use any soap that might cause irritation.*

## ... Big Difference

# Thumbsucking

Dr Lakshman Raman





---

Babies and children who put their thumbs, fingers or the whole hand into their mouth as a matter of habit, are called thumbsuckers. They suck on their thumbs and fingers and may make loud noises while doing so. It often starts in the first few months after birth, though some may start sucking as soon as they are born.

---

### Cause

- The exact cause is not known. However, it does not mean that the parents are not giving enough love, affection and feeling of security to the child. Babies who are bottle fed and those who are put on solid foods (which they cannot suck) at an early age have a higher chance of taking up thumbsucking.
- It is often found that some children only suck their thumbs when they are tired, upset or bored. It acts as a way of soothing themselves.
- The main reason these babies suck their thumb seems to be that they haven't had enough

sucking at the breast or bottle to satisfy their sucking need.



According to an American study, babies who are fed every 3 hours, don't suck their thumb as much as babies fed every 4 hours.

- If sucking is noticed just a few minutes before feeding time then it's alright. However, when babies suck • their

A baby gets most of the milk from the mother's breast in 5-6 minutes and the rest of the time (say another 15-20 minutes) they just suck the trickle of milk.

thumbs as soon as feeding ends or when they suck a lot between feedings something has to be done.

### **Pay attention**

- The best time to pay attention to a child who is sucking his thumb is when the baby first tries to do it, that is, before he has succeeded.
- Babies do not have much control over their arms in the first few months. They struggle to get their arms up and put their hand or thumb into the mouth.
- The sucking need is strongest at 3 months and this is the time babies need help most. Usually, thumb sucking stops by 6-7 months.

- Thumb sucking babies should be allowed to suck the breast for a longer period even if not much milk is being expressed.
- Not just the length of each feed, but the frequency of feeds is also important in thumbsucking children.

### **Harmful**

- Thumbsucking that persists beyond the age of three years may cause the upper front teeth to protrude. Otherwise it is a harmless activity.

### **How should thumbsucking be managed?**

- It must be emphasized that the habit goes away spontaneously by the age of six years and many times much earlier. If the child is less than 3 years old, it can be ignored.
- Indeed this is much better than repeatedly nagging the child which may increase the habit. Keeping the child involved in play activity will

- give him less chance to suck his thumb.
- A child older than 3 years will understand if the parents speak to him gently and tell him that the habit will harm his teeth. Some children thumbsuck in sleep.
- Parents should "rescue" the thumb without waking up the child. Orthodontists fix wires on the back of the upper teeth which has a projecting hook.
- Each time the thumb is inserted into the mouth, the hook pokes into the finger and discourages the child from sucking the thumb.
- Aggressive measures such as applying bitter substances or a bandaid to the thumb or tying the hands together behind the back of the child are unnecessary and do not work.
- In short, thumb sucking is an instinct. It is difficult to identify in the beginning babies who will continue to suck their thumbs. Only soft methods, rewarding or encouraging methods are beneficial. Extreme measures are usually counterproductive.



***The best time to take blood pressure at home is early in the morning and before you go to bed in the evening. Normally the B.P. is a little on the higher side in the evening. Therefore if B.P. is persistently high in the morning as well as in the evening, you need to take treatment for blood pressure.***

# The Right Way to Shave



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Early in the morning most men are in a rush and still sleepy. This is the worst possible time for them to shave and yet it is the time when most of them do just that! Is it any wonder then that shaving can cause skin problems?

---

### **In a Rush**

- The problem really arises in the first place because most men shave in such a hurry. They are usually dashing for a train or trying to avoid a traffic hold-up and a quick going-over with the razor is all they can manage. So, they don't spend enough time taking care of their shaving equipment and this allows organisms to survive and can lead to an infection.
- But infection is not the only problem caused by hurried shaving. Mild inflammation of the follicles is common, leading to pimples and small swellings. These occur because the skin around the hair follicles has been irritated as the hair is cut by a blunt razor blade or because the electric shaver has been held at the wrong angle, bending the hair more than necessary.
- The inflammation continues until shaving is stopped or until the man gets some new shaving equipment. Then, after a week or two, the pimples return. The answer to the problem is for men to change their attitude to shaving.

### **Barber Rash**

- The worst of these infections is called 'barber's rash' and is an infection of the hair follicles. It can be quite dramatic as the follicles swell-up, go red and sometimes become filled with pus.
- This can seep out of the sores and form crusts across the face. Barber's rash is unsightly



and the effect is often worse because the sufferer finds it difficult to shave, which gives him an unkempt look.

- The condition is caused by bacteria from dirty towels or shaving equipment. Once the infection starts, it is difficult to control because it spreads from one follicle to another as the man shaves. Usually, the only effective treatment is a course of antibiotics.
- Some mild cases heal themselves if the man stops shaving, but if the spots have not disappeared within two or three days antibiotics will be necessary.

## Electric Razor

- Many use electric razors because they are quicker and easier than using a blade, but in reality an electric razor is only for the masochist - it is effectively ripping out a fairly stiff piece of tissue and chopping it off. It is also being rubbed across dry skin, removing skin cells as it goes,

**Since everyone has a different shape and contour of the face, selecting the best razor is a matter of trial and error. For all you know, even the best brand might not be ideal for you.**

so this way of shaving is quite unkind to the face.

- The manufacturers of electric shavers have improved them over the years and thankfully now you can buy electric razors which may be used on wet faces. This is a real advantage because wetting the face helps to soften the hair and makes it easier to cut; it also reduces damage to facial skin.

## Razor Blades

- The razor that cuts your face time and again should be discarded. Double edged cartridge blades now available are better than single blades because the chances of cuts are fewer owing to plastic casing. Two blades placed parallel also cut the hair more



uniformly. The razor should move in the direction of the hair. Shaving in the opposite direction can damage the skin.

- Men who use razor blades do not escape skin problems, though. Their irritation is often caused by poor shaving habits which cannot be counteracted by the wetness of the skin. Because they are in a hurry they do not allow their facial hair to absorb the moisture long enough.

## Shaving Cream

- The common habit of applying the shaving cream without wetting the face is not the right way. The shaving cream works in two ways. Firstly it removes dirt and oil present on the skin and secondly it softens the hair shafts.
- If the face is not washed before shaving then the quantity of cream consumed will be much more to get a good leather foam. The ideal practice should be to wash the

face with soap and water before applying the cream.

## Do not Economise

- At times people when in a hurry, or to economise on shaving cream or thinking that they have little hair, use the razor dry without applying cream. This can prove to be hazardous to the skin as a dry razor can damage the upper layer of the skin leading to an infection.

## After Shave Lotion

- After shave lotion applied after shaving refreshes you and also prevents infection as it has germicidal properties. It becomes necessary to apply if you get cuts. If you get burning sensation and rash soon after applying after shave lotion stop using that product as you could be allergic to the chemicals in that lotion.

## Shaving Techniques

- Use wet shaving methods whenever possible, as these irritate skin the least.

- Spend more time and care on shaving.
- Use a clean towel to gently pat the face dry after shaving.
- To avoid pimples, a man needs to wet his face with warm water for at least a minute, splashing water across his beard area every few seconds.
- This helps soften up the hair, making it easier to cut without pulling on it. Then shaving foam should be smeared carefully across the skin and allowed to soak in for at least a minute before shaving begins.
- Shaving should start at the sides, before moving on to the neck, leaving the chin and moustache area until last. These areas have the stiffest hair, so the longer it is left under foam, the wetter and easier to cut it becomes. Afterwards, the skin should be washed thoroughly in cold water and the shaving equipment likewise. The skin should be patted dry with a clean towel, not rubbed vigorously. Finally, the blade should be changed at least once a week.
- This way of shaving will help reduce the chances of skin irritation and make barber's rash less likely. Men need to take more time for shaving and if necessary they also should think about shaving twice a day, rather than just in the morning. They may not feel that their hair has grown significantly over the day, but removing what growth there is will make shaving easier and more comfortable the next day.
- One should not shave immediately after getting up in the morning because with overnight lying down posture, fluid collects under the skin of the face. So hair roots are not exposed enough. They will not get cut properly. One should wait for at least 10-15 minutes before the facial fluid gets distributed evenly.

# Health Vocabulary

## *Medical Terms often Used*

**Infection:** When bacteria or virus enters the body causing illness.

**Infectious:** Easily transmitted from one person to another.

**Inflammation:** Defensive reaction of the tissues to injury or irritation, chemical, bacterial, or mechanical.

**Acute:** Sudden, sharp, often severe; of an illness, not lasting long for example acute tonsillitis, acute bronchitis, etc.

**Chronic:** When the disease continues for a prolonged period. It is the opposite of acute.

**Contagious:** Readily transmissible from one person to another by direct contact.

**Discharge:** An abnormal oozing out or flowing away of material.

**Pus:** Product of inflammation, liquid to creamy in consistency, usually yellowish.

**Abscess:** A collection of pus.

**Carbuncle:** A giant boil, discharging pus through several openings.

**Streptococcus:** A variety of bacteria, some of which are dangerous disease producers. Commonly present in sore throat.

**Sterilized:** Free from micro-organisms, for example, syringes and needles and surgical instruments are treated in an autoclave to make them free from bacteria.

**Venereal Disease:** Disease acquired through sexual connection.

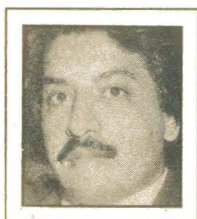
**Idiopathic:** Of a disease; without recognizable cause.

**Immunity:** Condition of being resistant to injury, particularly from bacteria.

**Immunization:** Making a person resistant to infection by a certain organism, usually by inoculation or vaccination, with dead or attenuated organisms.

# Understanding Surgery

## Cosmetic Surgery - An Introduction



**Dr. Vijay Sharma**

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The social need and desire to look good is the ancient urge of the human mind. Every individual is always willing to improve his or her looks in various ways, many a time subconsciously. In the olden days aging was a sign of wisdom which lasted for quite some time till the growth of modern, highly competitive industrial civilization where there is more emphasis on youth, beauty and success, the present generation is much more concerned about their appearance .

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- Impressive appearance has become a social need and has a definite edge over other competitors in many fields.
- As one's basic appearance is endowed by Mother Nature, an individual does not have any control over it. People can only try to hide defects or enhance their potentially good features.
- This leads to various phenomena like weird hair styles, unscientific and probably harmful make-up. Those who do not have the courage to hide their defects

by being unconventional have only one option open to them—brooding. Innumerable people have conscious or sub-



conscious inferiority complex about personal matters but

also on their social interaction and functional ability.

- In certain severe cases serious psychological upsets are not uncommon to lead to suicidal tendencies. Anything which impairs functional and social aspects of human activity is considered as a disease or illness. And every illness has a remedy. The remedy of problems for looks is a recent

defects, enhancement of the natural appearance of reversing the signs of aging by surgical procedures.

- As beauty is only skin deep cosmetic surgery is also merely skin deep.
- However, the surgery requires not only fine and expert surgical skills but also the mind and dexterity of an artist.

**Aging is natural, no one can stop it. But the desire to look good persists inspite of aging. Cosmetic Surgery can erase these signs and build a more confident individual.**

and upcoming branch of medicine Cosmetic or Aesthetic Surgery.

### **What is Cosmetic Surgery?**

- The art of achieving physical charm, plastic or cosmetic surgery is a booming business in the world.
- Cosmetic Surgery is a branch of medicine which deals with the correction of existing

• Although Cosmetic Surgery is just another branch of surgery, the distinguishing feature is the fineness and personal attention which is needed.

- An accepted complication of all surgical procedures like scarring or infection is in fact conflicting with the very purpose of performing cosmetic surgery.
- Of course, these complications can easily be controlled



by modern medical techniques and drugs. A residual defect, however trivial it may be, which developed while attempting to get rid of another defect defeats the very purpose and gives rise to disappointment on the part of the patient.

- People consult cosmetic surgeons for two main reasons; one, to alter what they consider to be an abnormality so that they can become more attractive and thus, more acceptable to their fellow beings.
- Second, to improve on an already normal appearance to make it more beautiful and thus enable them to stand out in a crowd.

### **Not only Females**

- There is no doubt that the practice of cosmetic surgery is growing throughout the world and it is not only women who come forward to be rejuvenated. One cosmetic surgery patient in every ten is

a man. An increasing number of middle aged men consider that a more youthful appearance, whether it is to be seen in the board room or at a point of sale in the business can considerably increase their earning power.

- The surgical procedure includes removal of frown lines on the forehead, correcting drooping or heavy upper eyelids, removal of fat deposits under the eyes, correcting the deep nose line, face lift, shaping of humped, parrot beak, or saddled nose, resizing of unduly broad tip or base of nose, removing sagging folds on the face and the neck, correcting of underdeveloped chin or cheeks with implants, protruding prominent ears.
- To distinguish 'cosmetic' from 'reconstructive' surgery, both falling under the same heading - the former being 'aesthetic' is an optional procedure to make essentially

**Often, behind the surge for more glamour there lies a deeper psychological disturbance. People want to cover up their frustrations and failures in life with cosmetic surgery. Such people are never satisfied with the results of cosmetic drugery.**

normal people look better, while the constructive or plastic surgery is meant to correct deformed or injured parts of the body, as it happens in burns or rebuilding of breast following a mastectomy.

- Most of the defects or blemishes need not disturb or hamper the normal functions of the body, but a flaw like a oversized nose or protruding ears, can be unsightly and be often a source of inferiority complex. Cosmetic surgery can boost the patient's self confidence.

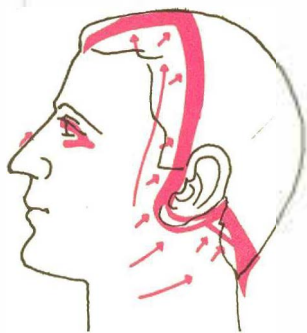
## Scars

- To improve the outlook resulting from an ugly scar, though it can never remove the scar completely.
- When the skin is cut into deeply, the resulting scar will be permanent. Cutting out the scar and sewing the skin neatly may leave the area flat and less defaced.
- But in some, especially dark skinned people, this surgical measure may lead to the formation of thick, raised, itchy red scar tissues called keloids, making it worse than the original scar which may fade away, or otherwise radio-therapy can be of help to flatten it.
- Moles and certain birth marks can be removed with a little scarring by surgery or by means of argon laser.

## Face-Lift Most Popular

- Face-lift is most popular. The main aim of the operation is to tighten up the skin across the

face and neck, removing the double chin and heavy jowls,



and softening the lines of the face.

- Part of the skin of the face is carefully separated and lifted from the underlying tissue, trimmed to size, stretched and stitched back into place.
- The surgeon makes his incision along the hair line at the temple and behind the ears. These incisions leave behind them only very small scars which are hidden by the hair or in the natural folds around the ears. A well-planned face-lift lasts upto seven years.

## **Dermabrasion**

- Techniques are also available to improve an unsightly complexion by removing spots and blemishes by a surgical sandpapering technique called dermabrasion. Here the outer skin is rubbed away completely and new fresh skin grows in place of the old.

## **Prominent Ear**

- Large protuberant ears seem to cause more embarrassment to men than the women, because women can often hide them behind their hair. They can easily be corrected by cosmetic surgery. For best results the operation should be done in early childhood sometime after the age of five.

## **Taking years off the eyes**

- The appearance of eyes is a major factor in the process of ageing, and fallen eyebrows, droopy eyelids and 'bags' under the eye can make a middle-aged woman look far

older than she really is. So operations to give a more youthful appearance to the area surrounding the eyes are very much in demand.

## **Nose Surgery**

- The nose has been called the index of the face and many filmstars all over the world alter the shape of their noses to look more attractive.
- The operation on the nose can easily be done by surgical incisions within the nose so that no external scars are visible. Bumps of the nose can be ironed out and the overall size of the nose can be changed.

## **Breast Surgery**

- These days a variety of breast implant are available to make the size of the breasts bigger. Silicon implants are inserted behind the normal breast by making small incision underneath the breast. Large and heavy breasts can be trimmed to shape.

- Besides this, a number of cosmetic surgery procedures are available like hair transplant for baldness, liposuction to remove fat from the abdomen and thighs and many others, which can enhance the looks. In forthcoming issues we will cover them in detail.

## **Limitations of Cosmetic Surgery**

- While dealing with patients undergoing cosmetic surgery it is important to make the patient understand the implications and the limitations of cosmetic surgery.
- But cosmetic surgery has its own limitations. When it comes to age, it is not looks alone that count. A 70 year old man's overall outlook — his speech, habits, gait, posture are fixed and cosmetic surgery can never change these individual 'trademarks'. Equally, plastic surgery cannot help to increase intelligence or job efficiency,

though it can make the patient contented, if it helps to increase his self confidence by banishing the inferiority complex.

- If the procedures are not completely understood by the patient, they might lead to unrealistic expectations. If the results of the surgery do not match the expectations of the patient, this will lead to resentment and disappointment.
- The lack of communication between the surgeon and the patient is because the outcome of surgery can only be explained verbally, or through line drawings, or by modifying the patient's photograph.
- These methods have obvious limitations. Thus although surgery may offer a promising future for patients, it can often result in a profound psychological upset on their part.
- However, the cosmetic surgeon is not to be blamed for this. He simply doesn't have a

reliable, effective and visual medium to convey his vision to the patient without ambiguity.

- However, with advance technology, this problem can easily be overcome. With the introduction of computerised cosmetic surgery a new bridge has been built between the patient's hope and the surgeon's imagination

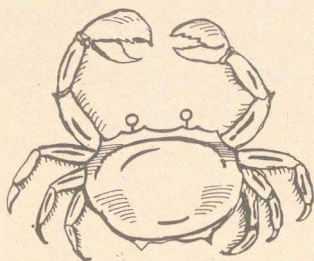


### **Measuring Blood Pressure**

Always use the same arm for measuring B.P. If you are right handed, use the left arm. Normally there is a difference of 10-20mm in both the arms, it is slightly higher on the left side.

# Prevent Cancer

## Seven dangerous signs of Cancer



- Cancer is curable only if detected early. But the problem is, it does not give any warning signals at its initial stage.
  - The signs and symptoms appear only when it has already spread to adjoining areas and distant organs.
- You can protect yourself and your family members by being alert to seven dangerous signs of cancer.
- The presence of one of the signs does not necessarily mean that you have cancer but it does mean that you must get it checked by your doctor even if it is a matter of reassurance. If detected at an early stage, one can lead a comfortable life with surgical or medical treatment.
- There are certain signs which may not be noticed by the person himself, but a doctor with careful physical examination can certainly pinpoint it. Here comes the importance of



regular complete health check-ups once in a year even if you have no trouble at all.

### **The seven signs of cancer are:**

**1.** Unusual bleeding or discharge from anywhere in the body without any obvious injury. For example bleeding from the mouth, blood in sputum, blood in stools, blood in vomiting and unusual bleeding from vagina, etc.

Similarly pus or watery discharge from any opening of the body should be brought to the notice of a qualified doctor. One should go for a check-up even if the bleeding or discharge stops on its own without any treatment

Many people postpone medical check-ups just because the bleeding or discharge stops temporarily. They report to the doctor only when they get it a second time. But it may be too late, if it is a cancer.

**2.** If you notice any hard or soft lump anywhere in the body. A lump in the breast, rounded glands in the neck, swelling in the abdomen are some of the places where lumps are more commonly seen.

**3.** If a wound or sore on the skin or inside the mouth does not heal for a long time, you must see your doctor. A biopsy might be required to determine the nature of the wound or sore. Usually the ulcers or wounds heal within 15 days. But if the wound is present for more than a month you must suspect it.

**4.** These days due to irregular eating and eating outside, the irregular bowel habit is a common complaint. But if you have regular bowel habits for years together and suddenly you notice a change without any obvious reason, you must get it checked up. For example alternating constipation and diarrhoea may indicate colon cancer. Similarly any change in urinary habit must be watched carefully.

**5.** If a person gets repeated hoarseness of voice or cough for more than 15-30 days, these are all reasons to get yourself examined by a specialist. Hoarseness of voice can be due to overstraining of voice by singers, teachers, actors and hawkers. But if the hoarseness of voice is without any obvious reason, there could be the possibility of cancer of the vocal cords. Consult an ENT specialist.

**6.** If you get severe loss of appetite, indigestion and difficulty in swallowing it could be due to cancer of the food pipe. At first it is difficult to swallow solids and then slowly liquids.

**7.** If any wart or mole on the skin starts growing in size and changes colour, it could be due to cancer. Also if any mole bleeds often, one should suspect malignancy. Biopsy test is the only way to rule out cancer.





# Check Up

## All about ESR (Erythrocyte Sedimentation Rate)



- This is a very commonly done investigation. Rather than benefitting, it creates more confusion among lay people and doctors. The interpretation of results of ESR is a matter of confusion. It rises high in many illnesses irrespective of their cause.
- Also there are many variations of normal values. It will be inappropriate for the common man to come to any conclusion about the results of this investigation. For doctors also, sometimes it is difficult to draw any conclusion.
- All the same, it has its value under special circumstances. Before discussing abnormal reports, it is very important to know the normal range of ESR.
- In males 0-9 mm in one hour
- In females 0-20mm in one hour
- However, some standard texts mention the normal range between 5- 10 mm. But in practice it has been observed that in females upto 20mm is taken as normal reading.

### Slightly High Fever

- It can be marginally high upto 40mm in common ailments like

colds, flu, malaria, anaemia, malaria, viral infections and pregnancy. Patients with high cholesterol and triglycerides can have higher ESR. Many painkillers can also raise ESR. It is slightly higher in elderly people. If you see the reports with marginally high ESR don't worry. Let your doctor decide about the diagnosis.

## Tuberculosis

- T.B. is very common in our country and its incidence is on the rise. Whenever a doctor suspects tuberculosis ESR is asked for. It is very high (more than 80-100) in active tuberculosis. However, it does not always correspond with the activity of the disease. If it is found very high it favours the diagnosis of tuberculosis.
- When anti-T.B. treatment starts acting, the levels of ESR fall down.
- So falling ESR is an indicator of effectivity of anti-T.B. treatment.
- Rheumatoid Arthritis and others.

- Multiple joint pains and swelling could be the symptoms of rheumatoid arthritis. This disease runs a chronic course. It has periods of remissions and relapses, that means it is active for certain period of time and settles down after some time on its own or with treatment. The value of ESR will go up when the disease is active. Similarly there are some rare diseases like SLE (Systemic Lupus Erythmatosis) and connective tissue diseases where the levels of ESR can roughly give an idea about the activity of the disease.

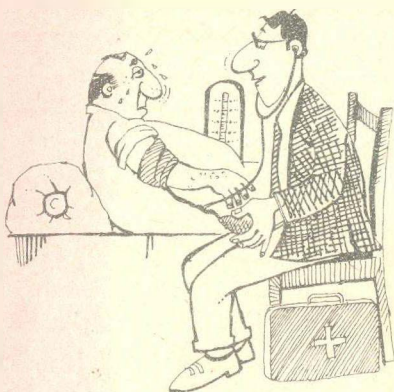
## Cancers

- ESR levels also go up in many malignant tumors. But it is not a fool proof test to rule out cancers.

## Conclusion

- High ESR does not indicate any particular disease. It can be very high in many simple curable diseases. Also ESR may be very high in serious diseases. It should be left to the doctor to decide the significance of this test report.

## Who invented Blood Pressure Instruments?



- Today blood pressure is one of the most important parts of physical examination. The instrument by which it is measured is known as the Sphygmomanometer.
- It was invented by Dr Scipione Riva-Rocci of Italy in 1896. An inflatable rubber cuff is used to compress the main blood vessel in the arm. When pressure applied by the cuff is equal to the pressure inside the blood vessel there is a rush of blood through the artery (blood vessel). This produces sounds which can be heard with Stethoscope and the reading of the pressure on the mercury manometer is called systolic (upper) blood pressure. When these sounds disappear, the reading is noted which is called diastolic (lower) pressure.



# Beat Stress

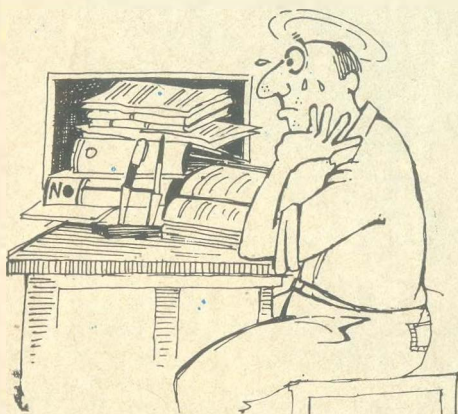
## Take spot decisions



- Problems in life usually arrive without notice. They put everyone under a great deal of stress.
- And it is human nature to postpone the things for tomorrow, which never comes. Postponing the decision further adds to the stress. Sometime the problem to tackle is so small that a person feels he will do it in seconds later on.
- But you never know what is going to happen tomorrow. The seemingly easy problem becomes unmanageable later. The circumstances may change tomorrow.
- Therefore if you think that the problem is minor, do it immediately and close the file. A small thing may become a big thing tomorrow. That will cause tensions.
- Whether the problem is related to finance, interpersonal relationship, business, or household, take constant decision as early as possible if you want to avoid a long list of disease like insomnia, high blood pressure, heart attack, peptic ulcer etc., etc.

# Small Things ...

## After Lunch Lethargy



- *Skipping breakfast has become a fashion among those who want to lose weight.*
- *It must be realised that after the dinner of previous night, the stomach remains empty for more than 10-12 hours. On the top of it if you skip breakfast, you will feel very hungry at lunch time.*
- *If you take heavy lunch you are likely to become lethargic in the afternoon. Those who are working should not skip breakfast and should have a light lunch.*

## ... Big Difference

# Useful Information

**Those who suffer from  
gas trouble should take  
minimum possible**

Tea

Coffee

Chocolates

Soda Waters

Alcohol

Tobacco

Chewing Gums

Butter

Fried Food

Refined cereals

(Maida, Suji (Rawa)

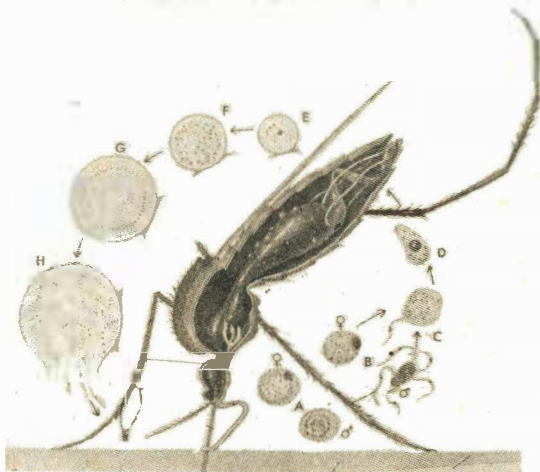
Spicy Food

Pickles

Too much sugar

# Do You Know?

## Black Water Fever



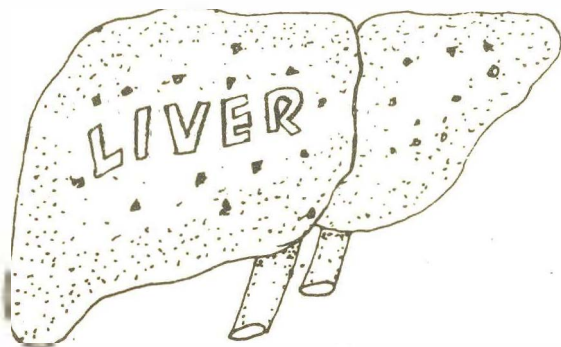
- *Black water fever is a serious complication of malaria. This occurs due to falciparum type of malaria which is very dangerous. Death rate is very high in this malaria. You must have read in the newspapers that the cases of this type of malaria are on the rise and many deaths have been reported.*
- *It is called black water fever because due to destruction of red blood cells, a large amount of albumin and haemoglobin is passed out in the urine. Decomposed haemoglobin gives dark colour to the urine. The colour of urine becomes dark brown to black.*
- *The onset of black water fever is sudden like any attack of malaria and there is fever, shivering and pain in the region of kidneys and urinary bladder. There is persistent nausea*

*and vomiting. Slowly the quantity of urine output also decreases and it may lead to kidney failure.*

- *This type of malaria is also known as cerebral malaria because the malarial parasite affects the smaller blood vessels of the brain.*
- **Practical Application:** *Repeated attacks of this type of malaria can be life threatening. If possible you should get the blood examined every time during each attack to determine the type of malaria.*
- *If someone in your locality has falciparum malaria you can protect yourself by taking 2 tablets of chloroquin every week for a couple of months.*

# You & Your Liver

*Don't hide the facts*



- Some liver diseases may not show any symptoms or signs. They may go on for months and years without giving any trouble. It may be too late when symptoms appear.
- The disease may have reached to a stage where irreparable damage has already been done. This is where the importance of periodic check-up comes in.
- For example, you may not show any signs and symptoms of liver damage yet cirrhosis of liver may have reached an advanced stage.
- This is known as occult cirrhosis. People who drink alcohol regularly must get their liver function tests (LFT) done regularly. Some of the blood tests for liver are Serum Bilirubin, SGOT, SGPT,



Gamma GT. Out of all these tests Gamma GT is a very sensitive test. Even if you take one drink previous night, the test will show a higher reading. So, don't drink alcohol prior to blood tests for liver.

- If SGOT, SGPT, Gamma-GT are on the higher side in a person who has been drinking alcohol for years together, he must stop the drinks completely and consult a specialist.

### Normal values of liver function test are:

Serum Bilirubin	0.2-0.8 mg%
SGOT	10-35 mg%
SGPT	10-35 mg%

### Gamma GT

- Even if Serum Bilirubin is normal and SGOT, SGPT, Gamma GT show higher reading, it indicates liver damage.

### Don't mislead

- Alcohol is one of the commonest ways of causing deliberate damage to the liver.

The quantity of alcohol and number of years of consumption are very important factors which determine the harmful effects on the liver.

- In practice it has been observed that people who drink alcohol often try to mislead the family members and doctors about the amount of alcohol consumed.
- If they are talking among friends, they always exaggerate the quantity of alcohol they have been consuming over the years. Same person when he is talking to his wife or giving history to a doctor, tries to understate the facts.
- They have tendency to hide the facts especially in front of their wives and the doctor. This is not just, you may say anything to friends and relatives, but you should not hide the facts while giving history to a doctor.





# Interesting Stories from the Medical Profession

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Dr S N Bhagwati is professor and Chief of the Neurosurgery Department, Grant Medical College and J J Group of Hospitals, Bombay, as also of the Bombay Hospital Institute of Medical Sciences. He is a member of various national and international Neurosurgical Societies and has presented papers and chaired sessions at many international and national meetings. He relates the story of a doctor with extraordinary Courage.

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## Doctor the fighter

- Dr Ramdas had just come back from the United Kingdom having completed his further training in General Surgery and obtaining a Fellowship of the Royal College of Surgeons in England (FRCS). He had a brilliant academic career. He had bagged several prizes during his school and college days and passed his Masters in Surgery examination of the Nagpur University with flying colours before he went to U.K.
- He was bubbling with enthusiasm to start his practice and had taken up his academic

assignment at the Medical College as he loved teaching. Just before he left U.K. to return to India, Dr Ramdas had started experiencing tingling and numbness in his right upper limb. He had no other symptoms. He consulted a neurologist who examined him thoroughly and found no abnormality. Dr Ramdas was assured that his symptoms would clear up and that he did not have any serious problem to worry about.

- However, a few weeks after his return, he started experiencing a little difficulty in writing with his right hand and soon developed some impairment of sensations in the fingers. Plain X-rays of the cervical spine were normal.
- A lumbar myelogram was performed with myodil as he had definite neurological involvement suggesting a lesion at the level of the fifth cervical spine. That meant that Dr Ramdas had a very long ex-

tensive lesion of the spinal cord even though it had manifested with only a minimal neurological deficit.

- Dr Ramdas was married to a lovely medico who had been his student at the medical college. Her parents were quite wealthy and were willing to pitch in and get the best available medical treatment for their son-in-law. Dr Ramdas knew the gravity of his illness. This was gently revealed to his wife and to his sister and brother-in-law who were also young medicos. Excision of this tumour could lead to complete paralysis of both arms and legs with respiratory distress and sphincter impairment, that is, loss of control of urination and defecation. Dr Ramdas's medical record and myelogram were sent to a world-renowned neurosurgeon in Switzerland.
- He was reluctant to take up Ramdas' case for surgery as it was associated with a high

risk of paralysis of all the four limbs. Moreover, the expenditure incurred for this treatment would have been enormous. Therefore Dr Ramdas and his family decided to have the surgery done in India.

- It was decided to do this surgery in two or more stages. At first the cervical part was tackled. The operation lasted eight hours. We were happy to find that though he had developed some weakness of the limbs, he could still move them.
- This encouraged me to go ahead with the next stage of the operation a few weeks later when a total excision of the remaining tumour was carried out by splitting the dorsal cord. He developed further weakness of his lower limbs immediately post-operatively and then again started to show some improvement over the next few days.
- However, his wound broke down and needed to be re-su-

tured. He developed mild sepsis following which he developed almost total weakness of both his lower limbs. His control over urination and defecation was also lost. Intensive physiotherapy was started and a gradual rehabilitation was commenced.

- It was quite apparent to Dr Ramdas that now his chances of a good recovery were remote. He also knew that he could not have a normal marital life. Even though his wife was against it, he persuaded her to divorce him so that she could have a normal life and have a family.
- There was a love marriage and Dr Ramdas could not bear to see his young wife sacrifice her life totally for him. The decision to divorce her must have been a very painful one. He did not lose time to enforce this decision and saw to it that she subsequently got married.

- After weeks of intensive physiotherapy, it became possible for Dr Ramdas to sit in a wheel chair. Though he could move his arms, it was not possible for him to use his fingers for any finer purpose. It was clear that he could not perform surgery any more.
- This was enough for anyone to go into a severe state of depression. With the indomitable willpower that he had, Dr Ramdas decided to make the most of the life that God had given him. He loved students and loved teaching even more.
- Very soon he started taking clinics for the students and he became the most popular teacher whose teaching sessions would be attended by the maximum number of undergraduates as well as post-graduate students. The students loved their wheel-chair teacher who spared no efforts to impart as much knowledge as possible to them.
- The Medical College and hospital authorities were very considerate. He was assigned the special side room of surgical ward that became his new home and was looked after by the nurses and his students with great love. All his needs were provided for and the side room - his home - became an office also.
- After some time, Dr Ramdas decided to specialize in radiology as it was not possible for him to do surgery. He felt that he was not doing full justice to his job and that he should take up an activity wherein he could devote as much time as any of his co- staff members.
- He did not want any pity or sympathy. He was grateful for the facilities that were extended to him and wanted to give back to the institution as much as he could. He started attending the post-graduate course in Radiology and finally secured the degree of M.D. in Radiology. He was now



transferred as Assistant Professor to the Department of Radiology. His reporting sessions and teaching clinics once again attracted a lot of students. The department started humming with academic activity.

- During these years of trials and tribulations, his mother, his sister and brother-in-law stood solidly behind him. Dr Ramdas came from an average middle class family without much financial reserves. The entire family pooled together its resources ungrudgingly.
- They spent every minute they had with him, supporting him actively in his fight to lead as near a normal career as possible.
- Both his sister and brother-in-law refused promotions as these would have led them away from Nagpur. They would not dream of being away from Dr Ramdas and his

mother who needed their support.

- They continued to shower their love and affection on these two generously and have been pillars of strength to them for near twenty years!
- Whenever I have an occasion to be in Nagpur, I make it a point to visit Dr Ramdas. It was a matter of great joy to me when, during one of my visits, he took me down to the hospital canteen and offered me an aerated drink. He wheeled himself down to the cafeteria and refused help in doing so.
- This was indeed a triumph of grit and will power over physical disability. One could see the sense of pride and satisfaction on his face when he sat in the canteen for about a quarter of an hour and had refreshments.
- It was again a privilege for me to operate on Dr Ramdas' mother for a brain tumour.

Normally I am averse to performing such cold procedures anywhere except in Bombay hospital. I offered to perform the surgery at Nagpur with the help of Dr Deshapande since that would help Dr Ramdas to be with and visit his mother daily. This was the least I could do for a man whose courage, willpower and determination to lead a meaningful life I admired. Fortunately, the mother did well and I meet her too, every time I am in Nagpur.

- Dr Ramdas now lives with his sister in hospital quarters. He spends most of his time at home either in bed or in a wheel chair.
- The children hover around him all the time. The family makes sure that someone or other is always present in the house when Ramdas is in. From time to time accompanied by the little ones he goes out in his wheel chair for some fresh air.

- This is a saga of endless love and affection that has made Dr Ramdas sustain himself with courage and fortitude with the handicap that he has been laden with. It is a story of sheer grit and determination, of a desire to discharge one's duties in life, to lead a purposeful existence and brave all problems with a smiling face.
- One cannot be without admiration for this wonderful man and his devoted family.



**To clean the blocked tube of the wash-basin pour down a mixture of handful of sodabcarb and one cup vinegar. Leave it for one hour. The chemical reaction melts the dirt. Pour enough water.**

## Guidelines for taking medicine in old age

With advancing age the body burns up energy more slowly, digestion becomes slow, acid in stomach decreases, the movement of intestine becomes sluggish. So elderly person is at a risk whenever he or she is given drug.

- Liver has some enzyme system that helps in breaking down the various drugs and in the second step the drugs are eliminated through the kidneys.
- In old age both the liver and the kidney functions are slightly impaired. There are more chances of the drugs getting accumulated in the body leading to side effects.
- Always try to give smaller dose first, as many old people cannot tolerate high

doses, because of advancing age there are some changes in



the immune system. There may be some unexpected reactions to some drugs which normally do not occur at young age.

- Never do self medication as some strong medicines may damage the liver and kidneys in old age.
- If you are taking any medication for a long time you must go to the doctor for periodic check-up, dose adjustment and change of medication, if required. Regular complete health checkups are necessary to diagnose the disease early.
- Careful labelling of the medicine bottles should be done because old person may take wrong medicines due to forgetfulness and poor memory.
- Take vitamin tablets, only once a day if at all. Taking too many vitamins does not help.
- Regular exercise will bring down need for the medication to the minimum.
- Old people with impaired mental functions and poor memory should not be allowed to administer the drugs on their own. If they are taking too many medicines, make packets of the tablets to be taken with breakfast, lunch and dinner.
- One should be careful in using aspirin. It can cause bleeding from the stomach even in smaller doses. For pain opt for pain-killers like paracetamol, Ibuprofen etc.
- Symptoms of overdose in elderly: If you observe symptoms of **confusion, drowsiness, lethargy, unsteady balance of the body.** Call your doctor and look into the possibility of drug overdose.



# Classified Classified Classified

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# HealthKwiz

1. The most important function of proteins in our body is:

- a) To supply energy
- b) To build and maintain cells
- c) To supply oxygen
- d) None

2. Which of the following non-vegetarian products is a good source of protein:

- a) Egg
- b) Chicken
- c) Meat
- d) All

3. Which of the following grains is a very good source of proteins:

- a) Corn
- b) Bajra
- c) Soyabean
- d) Jawar

4. The end product of protein digestion is formation of:

- a) Aminoacids

b) Glucose

c) Glycerols

d) Fatty acids

5. Proteins are also known as:

- a) Powerhouse of cells
- b) Building blocks of the body
- c) Rejuvenators
- d) Oxygen suppliers

6. Which of the following food groups is rich in proteins:

- a) Green leafy vegetables
- b) Fruits
- c) Root vegetables
- d) Milk and milk products

7. 1 gm of protein gives:

- a) 7 calories
- b) 9 calories
- c) 4 calories
- d) 3 calories

8. What happens to proteins when they are cooked:



a) **Coagulate**

b) **Melt**

c) **Burn**

d) **None**

9. Protein malnutrition is known as:

a) **Scurvy**

b) **Kwashiorkor**

c) **Beri Beri**

d) **Alzeimeir's disease**

10) Proteins are restricted in which of the following diseases:

a) **Gastroenteritis**

b) **Heart disease**

c) **Kidney disease**

d) **Respiratory disorders**

### Quiz No. 14

Name \_\_\_\_\_

Address \_\_\_\_\_

**Tick (✓) the Correct Entry**

	<b>a</b>	<b>b</b>	<b>c</b>	<b>d</b>
1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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6	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Results of June '94 Quiz

1	A	6	C
2	C	7	B
3	D	8	D
4	A	9	C
5	C	10	B

### Rules

Each participant can send only one entry. If more than one all correct entries are received, the winner will be decided by a lucky draw. The winner's name will be published in the next issue and will also be informed by post. Last date for sending your entry is 25th July, 1994.

**Note:** Doctors please do not send entries

**Send your entries to: MY DOCTOR**

Lawrence Apartments. II,  
Vidyanagari Marg, Kalina,  
Santa Cruz (E), Bombay 400 098.

### Winner of Quiz No. 13

First Prize

Ms Mini Mathai Kalyan.  
One Self Medication Book

Second Prize

Mr. Glen Mark Pinto Bombay.  
One Self Medication Book

Third Prize

Asha P. Sewani Bombay.  
One Self Medication Book

### Surprise Gifts for this Quiz

*First Winner*

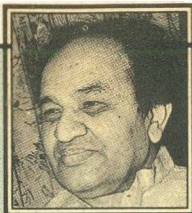
**Maggi Mixer**

*Second Winner*

**Maggi Iron**

*Third Winner*

**Self Medication Book**



# Laughing Gas

Kalyanji Shah, the veteran music director needs no introduction. He is well known for his excellent sense of humour. We are delighted to have him on our panel. Every month he will provide us with some reason to laugh.



## For Just Married People

*Early to bed and early to rise;  
Makes your wife go out with other guys*



## Blood Group

My friend is 21-years old and is in love with a girl. Both of them have the same blood group. Is it likely to pose problems after marriage.

*Amit Dubey, Thane*

Sharing the same blood group is no problem unless the Rh-factor is different. For example, if the girl's blood group is A Rh-negative and the boy is A Rh-positive then complications can sometimes occur during pregnancy if the child happens to be A Rh-positive. Otherwise there is nothing to fear.

## Leprosy

Is there any treatment for leprosy other than M.D.T (multidrug therapy) and where is the best treatment available in India or abroad? Is it fully curable and is there any

specialist available for this disease in Bombay?

*P.V. Nair, Bombay*

Leprosy is fully curable and the treatment is for a period of 6 months if started in the early stages (read the article in our June 1994 issue). India is one of the best centres for organized treatment for leprosy and it is available at all public hospitals.

You could consult any skin specialists in your locality. In case of any difficulty, you can get in touch with our office and we will help you.

## Sleep and Meditation

Is it true that 45 minutes of meditation is equal to 8 hours of sleep? Also please let me know the techniques of medication.

*H.H. Sahu, Orissa*

Sleep and meditation are different states of the mind. Both of them are relaxing to the brain but sleep cannot be replaced by 45 minutes of meditation.

A detailed article on meditation will be carried in My Doctor shortly.

### **Chickoo is safe**

**There is a general feeling that chickoo causes diabetes, high blood pressure, kidney infection and asthma. Please enlighten.**

*S.S. Abraham, Bombay*

You are mistaken, Mr Abraham. Chickoo constantly is not so dangerous. As it is a sweet fruit, it should not be consumed excessively by diabetes.

### **Hostel Canteens**

**Contaminated food is known to cause worm infestation. However, in hostels students eat food prepared by servants who may not follow hygiene habits. Can you advise?**

*K.Singh, Ludhiana*

This problem is genuine, we agree. You can reduce the chances of infection by eating only cooked food. If fruits are to be eaten, make sure to wash them yourself before cutting. Do not eat salads and chutneys which are uncooked.

### **T.B.**

**I have noticed blood in my sputum. I was admitted to a hospital recently for vomiting blood and was treated with Deriphyllin, Ranitin and Digene. X-rays and tests were also done. Does diet affect TB? Please let me know everything about T.B and suggest my treatment.**

*H.S. Singh, 56 A.P.O*

We have already run articles on tuberculosis in our previous issues. T.B. is a 100% curable disease. If you are still having complaints, you need to take a second opinion for diagnosing your condition. Eating a good nourishing diet builds up good resistance which will help to fight T.B.

### **Asthma**

**You have answered Digambar Pradhan's question (My Doctor, May 1994) stating that asthma is a hereditary condition. I am 59 and have been suffering from asthma for over 10 years. Neither my parents nor my brothers suffer from asthma. My earlier generation and my children do not have this disease. Does it mean that my diagnosis is wrong?**

*K.P.K. Nair, Ahmedabad*

We stand by our answer, Mr Nair. Asthma is predominantly

My Doctor □ July 94 □ 165

hereditary. However, a small portion of cases like yours can be due to external cause without any family history. The good news is that asthma without a family history can be controlled better than the hereditary variety.

## Delayed Puberty

I am likely to get married to a girl who is now aged 15. She has not started getting her periods and her breasts are very small. Please let me know what is wrong with her and whether she can become pregnant after our marriage.

*Shabbir, Lucknow*

It appears that the girl has delayed puberty. Although periods usually appear between the ages of 13-15 years, it may occasionally be delayed by a few years in some girls. Once she starts her periods she can become pregnant.

Besides the legal age-limit for girls to marry is 18 and you must wait for 3 years at least. Meanwhile you will know her progress. However, if she does not start menstruating then she needs to consult an endocrinologist.

## UV Filtrations

In one of your articles you have men-

tioned about Z-80-3 standard UV filtration lenses.

*Aditya Gupta, Khatauli*

Z 80-3 is a specialised optometric standard for lenses, which block ultraviolet rays. They are available at Ray Ban outlets in major cities of the country.

## Garlic

Can garlic be eaten in summer as well, every day. Does it lose its benefits if eaten in boiled/fried form? How many cloves of raw garlic should be eaten every day?

*R.N. Bhat, Udupi*

As raw garlic is very pungent you should not consume more than 2-3 cloves per day. Moreover too much of raw garlic can lead to bad breath as it is excreted through the lungs. Frying and boiling does not affect its beneficial value, it only reduces the pungency.

## Testicle Missing

I am a 15 year old boy. I have only one testis inside my scrotum. Will this affect my marital life?

*Anwar Alam, Sikkim*

You may be suffering from undescended testis or non-development of one testis. Consult a surgeon to arrive at a diagnosis. If your sperm



count is normal, then you will lead a normal married life.

## Under Weight

**I am an 18 year old girl with a height of 5'4" but weighing just 40 kgs. Please advise regarding food intake.**

*Anna D'Costa, Pune*

You are definitely underweight, Anna. Try to eat food rich in calories and proteins. Drink milk everyday alongwith plenty of fruits, fish and meat. Take some multi-vitamin pills if your dietary intake is poor.

If you are repeatedly falling sick consult a doctor to find out the cause. Some people who are constitutionally thin put on weight after a certain age.

## Sex Determination

**Is it advisable to conceive 3 months after an abortion? I wish to go in for a sex determination test the next time as I already have two daughters. Is Chorion Villus sampling better than amniocentesis and which is safer?**

*C. Seefa Tiwari, Indor*

Three months is a safe period to conceive after an abortion. Chorion Villus sampling is definitely better than amniocentesis for sex determination but the former also carries

a greater risk. However, we do not recommend either test for sex determination as it is unlawful.

## Scanty Hair

**I am a 22-year old male with fine hair on the beard and moustache area. The hair on the rest of the body is normal. My father and brothers have normal hair pattern. Please advise some allopathic, homoeopathic or ayurvedic remedy.**

*V.S. Dolas, Bombay*

Hair pattern varies with the constitution of the person. There is no need to take any treatment. If your parents have good hair, you are likely to develop a good beard and moustache in the course of time.

## Chest Pain

**My 33-year old mother gets a pinching type of pain in her 'heart' for just half a second weekly. This subsides with treatment but reappears off and on.**

*Monzam, Hyderabad*

A slight chest pain lasting for a few second is known as 'cardiac catch' and is a purely muscular pain. There is no need to worry if her E.C.G. is normal. Any painkiller will be effective. Try to relieve her anxiety.

## Underweight

**I am 20-years old and I feel weak. My appetite is poor is and I weight just 42 kgs. Please advise.**

*Rafi Khan, Kakrala*

Games and exercise help to improve appetite. Join a health club or a gym and see the difference.

## Yeast Tablets

**I had read that yeast tablets are good for health in general and for the hair. Is this available anywhere?**

*A.T. Jadwani, Thane*

Yeast is a crude form of commercially available B-complex vitamins. Yeast tablets are available with wholesale chemists. If you cannot get it, buy any vitamin B-complex preparation.

## Irregular Periods

**I am 20 years old and I do not have my periods regularly. Sometimes I have them once in 3-4 month. I am planning to get married after two years. Kindly advise any good contraceptive methods as I do not want to become pregnant before my marriage?**

*Rekha, Madras*

Irregular periods could be due to hormonal imbalance and cyst formation in ovaries. For that you

must see a gynaecologist and get ultrasonography done. Accordingly the treatment should be given. To avoid pregnancy oral contraceptives like Owal, Saheli, Mala D, can be taken safely after consulting a qualified doctor. At your age this is the best contraceptive. This might help you to regularise your periods also.

## Cough and Cold

**My daughter 11 and half years suffers from frequent cough and cold. Doctor has advised her to take syrup septilin. She has cough and occasionally vomits also while coughing. Her hemoglobin is 8.5 gms. Kindly advise.**

*Neeta Rawat, Ahmedabad.*

Many children get repeated coughs and colds during the first few years of life. Most common cause is allergy and infection. Get her tonsils examined by an ENT specialist. Sometimes chronic infection in tonsils and throat can give rise to such problem. For low haemoglobin any iron tonic is good but should be given for at least 3-4 months. Also it is advisable to give her a single antiworm tablet like Sta, Bendex, Decaries etc.

## Migraine

**I am 44 years of age and suffering**

from migrains. I feel feverish on the left side of my body and get flu-like symptoms, running nose. I have taken antidepressants with slight improvement. EEG is normal, Kindly advise!

*D'Souza Bombay.*

Undoubtedly, you are suffering from migraine. In addition to antidepressant taking Ciprar or Inderal three times in a day for 2 months might reduce the frequency of attacks. As you are already 44 years old the number of attacks will reduce automatically in coming few years. Avoid rajmah, beans, cheese, chocolates, wine (alcohol) and excessive mental tension. try yoga like Pranayam, shavasana. Allopathic medicines have very limited role. Try above treatment and write to us.

### **Kidney Problem**

I am a 23 year old man who has undergone kidney transplant in July 1993. I wish to get married soon. Please advise whether I should take any precaution.

*R.S. Dolas, Bombay*

Medically, there is no risk in sex and marriage in kidney patients. Make sure that your problem is properly explained to the bride-to-be.

### **Acidity**

I am 19 years old and suffering from

severe pain due to hyperacidity mostly at night. I have consulted a physician who prescribed Zantac tablet. Still there is no relief. Kindly advise.

*M. Gulshani Hyderabad.*

It appears that you are suffering from duodenal ulcer along with hyperacidity it will be better to see a gastroenterologist and get endoscopy done. Instead of zantac, omeprazole (Brand names-Omez, Ocid) are more effective. Do not take fried and spicy food at all. Not even green chillies.

### **Dark Circle**

**I have dark circles. Will it be reduced by drinking raw green leaves juice?**

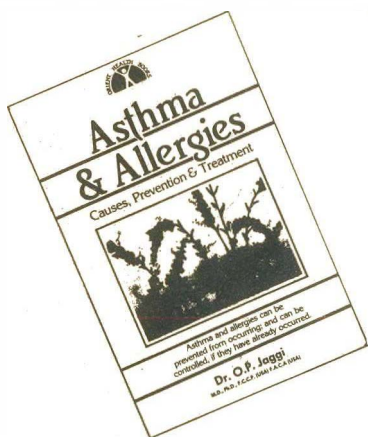
*D.S. Preethi, Bangalore.*

Raw leafy vegetable juice is definitely useful in limited quantity. Many nature cure experts recommend them because they are very rich in vitamins and minerals. How far they are effective to remove dark circle is not very clear. You may try for 15 days to one month. The only precaution you must take is to wash the leaves thoroughly before using. Because they may be contaminated in the fields and more over it is to be taken with cooking.

# Health Book Review

## Asthma and Allergies Causes, Prevention and Treatment

With the rise in pollution of the environment, the number of cases of allergies and asthma



are on the rise. Pollens in the air are a nuisance with every change of season for asthma patients. In most cases it runs a chronic course. It is an easily ignored disease and can lead to fatal consequences. Besides asthma, nasal and skin allergies

are a constant source of irritation in many individuals.

- Dr O.P. Jaggi, a specialist in the treatment of asthma and allergies, currently Dean of Medical Faculty of Delhi University has written the book in simple understandable language.
- He has explained how a patient can learn to recognize the cause of their allergies and help to eliminate the cause. This book will be useful for people suffering not only from asthma but also from other allergies.

*Author:*

**Dr O.P. Jaggi**

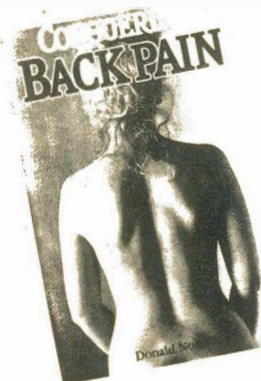
*Publisher:*

**Orient Paperbacks: Price Rs 35/-**

## Conquering Back pain

- 80% of the back problems are not caused by any disease but by bad posture, ageing process and gynaecological problems. In spite of taking medicines for backache, the problem invariably

continues. The reason for this is that people ignore the basics of



easy movement of the human spine.

- This book gives an overall view of the causes of back pain. It also tells you the correct way of sitting, dining, sleeping and working. It also describes exercise plans for patients of backache alongwith the drugs used.
- More than drug treatment, the book has described non-drug treatment like hot and cold compresses.

**Author:**  
**David Norfolk**

**Publisher:**  
**Orient Paperbacks.**  
**Price Rs 75/-**

## **Getting Pregnant: A Guide for Infertile Couples**

- In spite of the population explosion in India, it is surprising that 15% of couples are infertile. This book offers a new hope for infertile couples. The authors have explained the causes and treatment of infertility. Treatment of infertility is a lengthy and expensive affair.
- The book has described in simple language the techniques of hormonal treatment, artificial insemination, In-vitro-fertilisation (IVF) and GIFT techniques, which can help distressed couples to have children.

**Authors:**  
**Dr Aniruddha Malpani**  
**Dr Anjali Malpani**  
**Anne de Braganca Cunha**

**Publisher:**  
**UBS Publishers & Distributors**  
**Price: Rs 95/-**



## *In The News.....*

### **Paan Masala or Cancer Masala**

Om Agrawal - the man who did the country proud by becoming the only Indian to win the world amateur snooker title against all odds and expectations. This speaks out against the dangers of pan masala.

It was Om's love for pan masala which did him in. He contracted tongue cancer, which finally claimed his life at the comparatively young age of 39. A man who could be counted on to help all and sundry, Om would have made his biggest and probably his best, contribution to mankind with a message warning against the dangers of pan masala, an addiction which a section of society flaunts like a status symbol.

Source: Indian Express

### **Neem contraceptive**

Indian defence scientists have applied for patents on chemicals isolated from neem oil which have proved to be promising contraceptive agents.

The patent applications are for two chemicals, coded DK-1 that acts as a precoital vaginal contraceptive and DNM-5 that prevents egg implantation when administered orally during the early stages of pregnancy. These chemicals were first isolated from neem oil in the 1980s by scientists at the Defence Institute of Physiology and Allied Sciences (DIPAS) here.

Following successful trials on laboratory animals, the researchers conducted limited trials

on human volunteers and are now developing these components into suitable tablets for convenient use.

The scientists have isolated a third active ingredient from neem, coded as DNM-7, which acts as an abortifacient, causing abortion if administered orally after implantation has already occurred.

Source Indian Express

### **Vaccine to curb skin cancer**

Australian scientists have tested a radical new therapy on a man with melanoma, raising hopes of vaccine to curb this skin cancer.

Scientists at the Queensland Institute of Medical Science in Australia injected three doses of a genetically engineered vaccine into a



46-year-old volunteer.

The scientists said brain and lung scans suggest that the growth of secondary tumours in these organs had been arrested after the injections. Blood tests showed that the patient's body was fighting the tumours.

### **World's first lung graft performed by French doctors**

A French medical team has for the first time in the world successfully grafted a lung which was cut into two to constitute two new lungs.

According to a journal from embassy of France, this new technique could help patients especially children suffering from cystic fibrosis, "With two lungs taken from an adult, four small ones can be obtained and grafted on to two

children", said Jean Paul Couteil, the surgeon who performed the operation at Brussais hospital in Paris last month.

The operation was performed for ten hours as the upper and lower lobes of the donor's left lung had to be surgically separated and later implanted into the thoracic region of the patient, Couteil informed.

Source:  
Indian Express

### **Dr. Leo Rebello Honoured**

Dr. Leo Rebello Director, Natural Health Centre, Bombay, has been made a Fellow of the European Medical Association. He is the only Indian to be so elected by the prestigious European Medical Association based in the U.K. and will be a Fellow for life.

European Medical Association recognises health experts whose contribution to the medical science and propagation of health and hygiene is extraordinary, and who do not compromise medical ethics at the altar of commercial interests.

Dr. Leo Rebello's contribution to socio-medical relief, consumerism, human rights and public awareness of drug abuse is well-known.

### **New Accupressure Centre**

International council of alternative medicine and board of India accupressure system is starting a new center of ultra accupressure, and magnetic accupressure at lions clinic Kandivili (W) Bombay on 10th July 1994.

# Taaza Khabar

## Insulin in Capsule Form

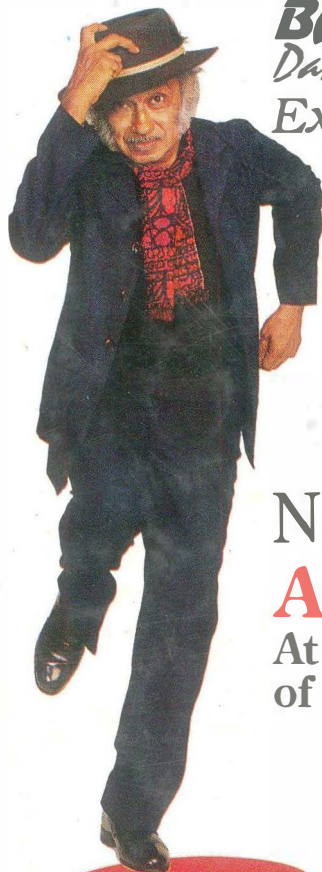
- *Here is good news for "sweet-blooded people". Oral insulin capsules have been developed which can take away the burden of injections. However the amount of actual insulin provided by these capsules is quite small and hence they cannot be put to use yet.*
- *Another method being developed is the 'nasal delivery of insulin'. A large number of chemicals called enhancers are being used to promote absorption of insulin from the nasal mucosa.*
- *Absorption of insulin by this route is rapid and the blood levels achieved are similar to that after injections. This, it appears to be a promising method to relieve the agony of daily injections.*



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and yet at 30  
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